

The Westfield Voice

FRIDAY, SEPTEMBER 30, 2016



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New dining options discussed in first full SGA meeting



PHOTO BY DELANEY GEMBS

Ryan Caulfield
SGA Correspondent

When the Peter D. Mazza Student Government Room is full of chatter and laughter on a Tuesday evening, it can only mean that the Student Government Association is having their first full meeting with the newly elected senators for the 2016 and 2017 academic year. On Sept. 27, the mostly occupied meeting gave the class of 2020 and residential hall senators a chance to meet their fellow executive board members and other class sena-

tors. Voting previously took place among senators as to determine positions within the SGA. Senators were also told to meet with students on campus to find out ways students want to be informed. Beside formalities being addressed, chair of the food committee, Andrew Manchino, gave news on possible new Grab and Go areas for students besides the Perc, and addressed complaints about the program. First, Matthew Carlin, president of the SGA, welcomed the newcomers to the meeting. He then

invited Dr. Carlton Pickron, vice president of student affairs, and Susan LaMontagne, dean of students, to extend a warm welcome of their own. Being a national election year, Pickron first asked the senators how many were registered voters and a large majority of senators raised their hands. Students who are registered to vote in the town of Westfield can go to The Second Congregational Church near Mod Hall on election day, Pickron said. LaMontagne added that students who are registered

to vote in Westfield and live at Lansdowne can travel to the Senior Center for voting. Pickron showed appreciation for the students running in the SGA elections and stepping up to be student leaders. "We, as in the administration and institution, look to the student leadership to give us feedback on what is happening with other students at our beloved institution, so thank you," Pickron said. LaMontagne gave advice to the senators, stating the SGA's main job is represent the students.

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The objective student press of Westfield State University

VOLUME VIII, ISSUE I

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campus news & life

FRIDAY, SEPTEMBER 30, 2016

News from other schools

The Berkeley Beacon EMERSON COLLEGE

For the first time, Emerson College just opened gender-inclusive restrooms this fall semester. Sylvia Spears, Vice President for Diversity and Inclusion, said the feedback has been good among students and, new signs were added that “encourages individuals to use the restroom that best fits their gender identity.”

Harvard Crimson Harvard University

Harvard released a new online system called OpenScholar that will help researchers not on the campus to access technology and open-source software. It has saved the university more than \$100 million in external Web development fees.

The Washington Square News

New York University
NYU begins to provide student residents with numerous hygiene products free of charge; however, there is controversy over tampons and sanitary napkins not being free of charge, and some students are fighting to get them free.

The Daily Collegian UMass Amherst

The University of Massachusetts Amherst police are offering active shooter training to students. Some students were in shock on how little the attendance rate was for the training sessions.

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“This meeting is the easy part in some ways,” she said, “but the work behind the meeting is really what takes place.” After Pickron and LaMontagne addressed the senators, Carlin used his presidential powers to accept the elections results for the class of 2020 and all hall council elections.

The parliamentarian of the SGA oversees and makes sure that proper procedures and etiquette are followed during an SGA meeting. The SGA voted in Andrew Manchino as their parliamentarian for the 2016 and 2017 academic year.

Joining Manchino on the rules and regulation board are the following senators: Gabe Cullinane, representative of the class of 2017; Maddie Creamer, president of the class of 2018; Mike Green, representative of the class of 2019; and Brian Pimentel, representative of the class of 2020.

After all the voting, representative to the Board of Trustees, Brandon Trafford, announced that the next full Board of Trustees meeting will be on Oct. 6 at 3 p.m. on the second floor of the Horace Mann Center in the president’s board room. Brandon McKee, vice president of student life, discussed ways to receive student feedback on campus for the SGA.

He said that flyers, emails, and bill boards could help the publicity of the SGA for students. He asked SGA senators to speak to their constituents about how they



President Matthew Carlin stands before the Student Government Association and uses his presidential powers to accept the election results for the class of 2020.

would like to receive information about SGA news and events on campus. Manchino, who is also the chair of the Food Committee, said that the Dining Commons will be hosting a promotional night to inform students about what is happening at the DC.

He indicated that the middle island in the DC will start to rotate new foods after a number of students voiced complaints about a lack of variety. The Grab and Go program is going well at the Perc, Manchino said. He stressed that it can only be purchased by students who have a meal swipe plan.

This Grab and Go option is similar to what Pandini’s previously had, and offers students a lunch entree, a bag of chips or an apple, and a drink. This will be open from 10:30 a.m. to 2:30 p.m. SGA members asked if

the time could be extended, and Manchino said that the times would not change this semester.

At last week’s SGA meeting, Manchino said that there will not be much variety during the first week of the Grab and Go so that the service can get a feel for it, but other options will be available after this first initial week. Lastly, Manchino said that the Wilson Café could possibly have Grab and Go hours like the Perc in the future.

“There could be options specifically for commuters because it is an essential location next to the commuter lot,” Manchino said.

Manchino also said that any student who has complaints or questions about the Grab and Go program can email Andrew Mankus, director of Westfield Dining, at amankus@westfield.

ma.edu. Marissa Cremin, community relations and fundraising representative, announced that the next blood drive will be on Oct. 5 from 1 p.m. though 7 p.m. in the Parenzo gym. Madeline Dexter, vice president of programming, happily announced that 300 students showed up for the second bingo night. Dexter also announced that the Six Flags trip will be on Oct. 22. Tickets go on sale for \$17 on Oct. 3.

Finally, Andrew Morin, 2017 class president, said that the date for Mr. Westfield will be announced soon. The next meeting of the Student Government Association will be on Oct. 4, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Fly by Dunkin’ Donuts.

Westfield State Kicks Off Fall Guest Lecture Series

From news release

WESTFIELD- The Westfield State University Guest Lecture Series kicks off its fall season with two events, "An Evening of Poetry" with Keith Leonard '08 and "Why I Go to the Olympics" with Dr. Amy Bass.

The poetry reading will be held on Wednesday, September 28 from 5 to 6 p.m. in the Loughman Living Room in Scanlon Hall and the lecture by Dr. Amy Bass will be held on Wednesday, October 5 at 7 p.m. in Parenzo Hall on Dever Stage.

Keith Leonard

Westfield State Class of 2008 alumnus Keith Leonard will read and discuss his first full-length collection of poems, "Ramshackle Ode." Leonard's poetry collection contains lyric poems and works of serious reflection that explore how both joy and sadness co-exist together.

Keith Leonard graduated from Westfield State with Bachelor of Arts in English with a concentration in secondary education, and then went on to obtain a Master of Fine Arts in Creative Writing from Indiana University.

Leonard currently teaches English at an independent high school in Columbus, Ohio. In addition to "Ramshackle Ode," Leonard published a chapbook called "Still, the Shore" in 2013. Leonard's poems have appeared in Best New Poets, Copper Nickel, and Gulf Coast.

"He possessed a great deal



of talent at a rather young age, but he was also dedicated to the craft of poetry. He read new poetry all the time, wrote routinely, and was not afraid of revision," said Associate Professor of English Leah Nielsen, who organized the event and worked with Leonard when he was a student at Westfield State.

"I am hoping this event will demonstrate to our students that if they make a commitment to writing, they can have success," Nielsen said. "I want them to be able to see the type of success they are capable of."

The lecture is free and open to the public. There will be a meet and greet with Leonard from 3:30 to 4:30 p.m. in the Loughman Living Room on the same day. For more information, contact Professor Nielsen at lnielsen@westfield.ma.edu.

Dr. Amy Bass

Dr. Amy Bass will discuss

her contributions to nine of the Olympic Games over the past two decades. Bass will also share her experiences and reflections on the games.

Dr. Bass is a professor of History and works as director of the SAS Honors Program at The College of New Rochelle. Dr. Bass is also a writer, a senior political analyst, and a freelance sports writer. She has served as a senior research supervisor for NBC Olympic Sports since 1996 and won an Emmy for her work on the London Olympics in 2012. Dr. Bass published three books: "Not the Triumph but the Struggle: The 1968 Olympic Games and the Making of the Black Athlete," "In the Game: Race, Identity, and Sports in the Twentieth Century," and "Those About Him Remained Silent: the Battle over W.E.B. Du Bois."

The event was organized by Assistant Professor of His-

tory Dr. Erica Morin, who studied under Dr. Bass when she attended The State University of New York College at Plattsburgh.

"Her expertise in Olympic history and her ability to connect sports to complex social, cultural, and political meanings is unmatched," said Dr. Morin.

"With the Rio Olympics very fresh in people's minds, Dr. Bass will be able to speak to controversies from the Olympics and their coverage, as well as recent acts of protest in professional sports in the United States," added Dr. Morin.

The lecture is free and open to the public. For more information, contact Dr. Morin at emorin@westfield.ma.edu.

For more information on upcoming speakers in the Guest Lecture Series, visit www.westfield.ma.edu/guest-lecture-series.

Hall Council Election Results

Apartment Complex

President- Alina Bracken
Vice President- Presley Mahanna
Treasurer- Jared Cazmay
Secretary- Sarah Wade

SGA Reps.
Will Sondrini

Courtney Hall

President- Brandon Donahue
Vice President- Samantha Morse
Treasurer- Kevin Costa
Secretary- James Martin

SGA Reps.
Jake Sullivan
Andrew Chagnon
Patrick Kelly
Ryan Gonthier

Davis Hall

President- Algenis Joaquin Ortiz
Vice President- Ashley Whitaker
Treasurer- Mikayla Poliquin
Secretary- Teresa Brossi

SGA Reps.
Mackenzie Gagnon

Dickinson Hall

President-Ryann Jerome
Vice President-Devorah Lipschitz
Treasurer-Billy Huynh
Secretary- Marcus DiBacco

SGA Reps.-TBD

Lammers Hall

President- Emmett Witherspoon
Vice President- vacant
Treasurer- Dorian Johnson
Secretary- Emilie Jean Jacques

SGA Reps.
Michael Guertin

Lansdowne Place

President- Andrew Tierno
Vice President- vacant
Treasurer- vacant
Secretary- Elona Francisco

SGA Reps.
Lindsey Crain
Gabrielle Knight

New Hall

President- Michaella Tretheway
Vice President- Earl Turnbull
Treasurer- Nicole Cochran
Secretary- Courtney Tretheway

SGA Reps.
Brandon Rainaud
Gabe Cullinane

Scanlon Hall

President- vacant
Vice President- John Dillion
Treasurer- Emma DesMarais
Secretary- Shannon Murphy

SGA Reps.
TBD

University Hall

President- Ashley Giamepetruzzi
Vice President- Tricia Warren
Treasurer- Cameron Swan
Secretary- Carolyn Houle

SGA Reps.
Jackie Brochu
Assagi Wynter

Westfield State presents annual homecoming celebration on October 1

From news release

WESTFIELD- Westfield State University will hold its annual Homecoming event on Saturday, October 1. Open to the public, tickets are \$10 on the day of, but can be purchased in advance online for \$5 each.

The all-day event features athletic games, music, food, beverages, and reunions. Participants will have the option of taking a campus tour or testing their knowledge of Westfield State history with university trivia. Homecoming officially begins at 11 a.m. on Alumni

Field for the men's soccer game.

Schedule of Events:
10 a.m.-Noon – "Open House" at the Math Department. Stop by and see the newly renovated space and meet with department professors on the third floor of Wilson Hall.

10:00 a.m.-1 p.m. – Reunion Brunch for all alumni including Classes of 1976, 1991, 2006, and 2011 in the Garden Room of the Horace Mann Center. The 2016 Distinguished Alumna and Alumnus of the Year will be recognized at this event.

11 a.m. – The Westfield State men's soccer

team will face off against MCLA on Alumni Field.

12-2 p.m. – DJ Maura Collins '96 will play music, game side.

12-5 p.m. – Main Homecoming event, game side at Alumni Field.

2 p.m. – The Westfield State men's football team will play against Plymouth State University on Alumni Field.

After the main Homecoming event has ended, the Westfield State University Department of Communication will hold "Journey Through Communication for 35 Years," a celebration of the department's 35th anniversary

from 5:30 to 7:30 p.m. on the third floor of the Ely Campus Center.

Admission is \$10 and all of the proceeds benefit the Edwin J. Abar-Kiwanis Communication Scholarship. For more information, contact Suzanne Boniface at sboniface@westfield.ma.edu.

Pre-homecoming events will be held on Friday, September 30 including the inaugural Henry O. Wefing Memorial Golf Tournament at 10 a.m. at Tekoa Country Club in Westfield, a reunion luncheon for the Classes of 1956, 1961, and 1966 in the Loughman Living Room

in Scanlon Hall, and the Athletic Hall of Fame Banquet at 6 p.m. in the Scanlon Banquet Hall.

To commemorate the Homecoming celebration, the Alumni Store will host a blowout sale on all merchandise.

Tickets can be purchased online at <http://www.westfieldalumni.org/events/homecoming>. Individuals must be age 21 or older to attend Westfield State's Homecoming celebration.

For more information on Homecoming, contact Tom Convery '78 at (413) 485-7358 or Cheri Baranowski at (413) 485-7352.

State grant helps Westfield State continue inclusion efforts

From news release

WESTFIELD- Westfield State University was awarded \$157,924 by Governor Charlie Baker to support the university's Inclusive Concurrent Enrollment Initiative (ICEI) Program. The grant covers tuition, books, materials, the salary for a coordinator and employment specialist, and additional programming needs.

"As a university that was founded upon the principles of offering an education without barriers, the Inclusive Concurrent Enrollment Initiative is very much aligned with our mission," said Westfield State University President Ramon S. Torrecilha, Ph.D.

The Inclusive Concurrent Enrollment Initiative Program provides dual-enrollment opportunities for students ages 18-21 that have intellectual disabilities are still receiving special education services through their school districts. ICEI students enroll in 100 and 200 level courses alongside traditional day students at Westfield State. Course choices generally reflect the ICEI students' long-term employment goals. In addition, students are offered seminars to target social-emotional skills as well as employment trainings.

Westfield State University's ICEI is one of 15 in the Commonwealth. The program was implemented

in the fall 2013 semester by Program Coordinator Lyndsey Nunes with just five students from four partner districts. Westfield State's program has grown into one of the largest ICEIs in the state with 20 students from 10 partner districts signed up for the fall 2016 semester. The Westfield State ICEI Program is partnered with Agawam, Amherst, Chicopee, Hampden-Wilbraham, Hampden Charter School of Science, Ludlow, Southwick-Tolland, West Springfield, and Westfield.

"The majority of our students and families never thought college would be an option, so it is rewarding to see them grow and mature through their educational

experience at Westfield State," Nunes said.

The ICEI often leads to success after completion of the program. Krystal T, 23, a student from the Westfield Public Schools system, worked with the Westfield State Women's Basketball Team and assisted a faculty member in the education department. After completing the program, she continues to work in the education department supported by an adult agency and volunteers her time with the basketball team, assisting with practices and games.

To further encourage inclusion efforts on campus, Nunes launched the peer mentor group pIcEs(Positive Inclusion

of Everyone Creates Educational Success) which allows ICEI students to interact with other students on campus. Peer mentors accompany ICEI students on campus during night and weekend events. The club also hosts its own events including Halloween parties and semi-formal dances.

"Having a fully inclusive program at a college level is essential for the entire campus community," said Nunes. "It builds acceptance and understanding and helps prepare all Westfield State students for the future."

For more information on the ICEI at Westfield State, contact Lyndsey Nunes at (413) 572-8439 or lnunes@westfield.ma.edu.

From 'The Voice' Vault

This article was published in the September 18, 2006 issue of The Voice

WSC student ID's evolve

NICHOLE LEBLANC
EDITOR-IN-CHIEF

The new year begins with new photo ID's for Westfield State College students that offer more features. Freshman started the year with the new cards but the problem being faced is replacing the old cards.

"Our goal is to get all the cards turned over by the end of the semester," said Rico Portatain, campus card program manager. He said that the old cards will still work but as the system updates the cards will not be able to do as much.

Portatain said that the

reason for the update is to be able to offer more features, such as Owl and Sodexo Bucks. Other features include better durability and better photo quality.

The new cards are replacing Flex dollars with Sodexo and Owl Bucks. Students with meal plans receive a total of \$100 that can be used at any Sodexo location, such as Subway and Jazzman's Café.

Sodexo Bucks do not carry over from semester to semester and are not refundable. Since they are a component of having a meal plan they cannot be purchased.

Students wishing to add money to their cards can do so by

adding Owl Bucks, which are similar to the older Flex dollar system. Owl Bucks can be used at any on campus food location including the vending machines. They can also be used at the campus bookstore.

The Owl Bucks balance transfers from semester to semester and year to year. When a student graduates or withdraws they are refunded in full credit back to the student's account.

A 10 percent discount is offered at locations on campus. The discount will be taken at register and shown on the receipt. Owl Bucks may be purchased at any time during the school year at Wilson Hall 140H.

Students will receive a statement at the end of every semester stating their balance. Balances can also be found at the office.

Portatain said that they are working to have the cards offer much more to students. He said that although this may be much further down the road, they are also working on having the cards work in the laundry rooms, copy machines and perhaps even with vendors in town.

Another possibility that Portatain said they are exploring is using the cards for the dorms

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ID cards

instead of a tech key. "We're following the footsteps of the other campuses and universities," he said.

Portatain said that he hopes the students will have their card updated by the end of the semester. If students bring their old cards to the office in Wilson they can trade it in and there will be no charge for the new card. However, if students

"We're following the footsteps of other campuses and universities"
-Rico Portatain

lost their old ID's they will have to pay \$10 for the new ID.

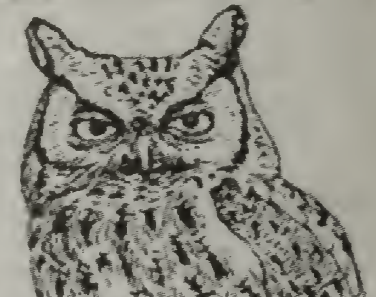
After the student has his or her new card it

will cost \$20 to replace a lost, stolen or damaged card.

He also said that students should not punch holes into

these cards. Doing so could result in early damage to the card. It could ruin the magnetic strip and the student will be forced to replace the card for a \$20 fee.

Any student with questions regarding the new cards can contact Portatain at Wilson 104B or by calling extension 8148.



This article was published in the February 23, 1987 issue of The Westfield State Owl

State Education Program Lacking, Says Panel

Westfield State Scores Better Than Norm

By MICHAEL KEEGAN

Teacher preparation programs in Massachusetts are substandard according to a year-long study by a panel of education experts, the Boston Globe reported.

The study primarily criticized state education programs at the graduate level, saying none at this time meet accepted standards.

The report of this study has induced the Board of Regents of Higher Education to temporarily delay any new teacher-education programs at the state's colleges and universities.

And although Westfield State was part of the state-wide study, most of the general criticisms that the panel made were not as applicable to the college, according to a Westfield faculty member.

"In this specific report Westfield did well," said Bruce Gordon, Ed.D., chairman of the college's education department. "Although we do have our weaknesses, such as graduate education, we do have some well designed programs."

Gordon said that probably the panel's greatest concern and Westfield's definite weakness involves graduate programs. "In the state college system, graduate education has to be self-supported. This poses problems as far as getting teachers and creates an overload for those that do teach. And although our work is very highly commended by the state, some of the general criticisms of graduate education are indeed valid," Gordon said.

The study criticized that the state programs contained few minority

students as compared to elementary and high school programs. But in Westfield's case that doesn't seem to apply, said Gordon. "The minority representation is no different than in most other programs at the college," he said. "Other state colleges don't have the minorities because of where they're located."

The study, despite the negative findings, did manage to turn up some good news and particularly single out Westfield's educational program. The study reported that one of the reasons for the substandard level of programs is that the quality of students has declined, but not at Westfield State and the University of Massachusetts-Amherst, where SAT scores were above the national average.

Some of the general findings did

apply to Westfield's programs, particularly in the criticism that programs were doing too much with too little. "We've had a great deal of teachers who have retired and we found no replacements. This creates a huge overburden on our teachers. It gives them a tremendous amount of responsibility," Gordon noted.

In an overview, however, Gordon feels that this study is a general report of the state system and that Westfield has done particularly well in their educational programs. "The Westfield State College faculty is a very highly thought of faculty in the state college system. We've been very highly commended. Many of the panel's concerns are legitimate, but some of the concerns are not problems at WSC. We're very qualified," said Gordon.

This study comes in the wake of a decision by the state to introduce a new accreditation process for the education programs at Westfield State. The process, which will be attempted for the first time in New England, will combine both state and national accreditation procedures in an attempt to make the process less expensive and more convenient, according to Westfield education professor Bernard Fleury, Ed.D.

"This is the first time that this new procedure will be tried in this area," said Fleury. "It came at the suggestion of the state and we thought we would try it."

Fleury, who is in charge of organizing the necessary materials for the accreditation, says the experiment

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Education

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will combine two normally separate accreditations that are very costly. "If we can combine both the national and state accreditations, then it could eliminate a great deal of time, money, and effort," said Fleury.

The process will take place February 30 through April 1 and will involve about 4,000 pages of documents.

"It is a very important thing to be happening at Westfield. The state is hoping to set a model form us to use at other institutions," Fleury said.

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Incident Nature	Case#	Date reported/occurred Time			GENERAL LOCATION DISPOSITION
Liquor Law Violation	16-305	9/4/2016	9/4/2016	2026	South Lot Ref. to Student Conduct
Liquor Law Violation	16-306	9/4/2016	9/4/2016	2104	Dickinson Hall Ref. to Student Conduct
Drug Law Violation	16-319	9/5/2016	9/5/2016	1727	Ely Road Ref. to Student Conduct
Liquor Law Violation	16-311	9/5/2016	9/5/2016	1937	Scanlon Road Ref. to Student Conduct
Liquor Law Violation	16-312	9/5/2016	9/5/2016	2233	Courtney Hall Ref. to Student Conduct
Liquor Law Violation	16-313	9/5/2016	9/5/2016	2315	Davis Road Ref. to Student Conduct
Liquor Law Violation	16-316	9/7/2016	9/7/2016	1915	University Hall Ref. to Student Conduct
Drug Law Violation	16-319	9/7/2016	9/7/2016	0017	Davis Hall Ref. to Student Conduct
Stop Sign Violation	16-29-AR	9/7/2016	9/7/2016	1748	Commuter Lot Arrest
Drug Law Violation	16-321	9/7/2016	9/7/2016	2255	Lammers Hall Ref. to Student Conduct
Drug Law Violation	16-323	9/8/2016	9/8/2016	1827	Scanlon Hall Citation Issued
Drug Law Violation	16-324	9/8/2016	9/8/2016	2009	Commuter Lot Ref. to Student Conduct.
Liquor Law Violation	16-327	9/9/2016	9/9/2016	1637	Courtney Hall Ref. to Student Conduct.
Drug Law Violation	16-331	9/9/2016	9/9/2016	2112	Commuter Lot Citation issued
Liquor Law Violation	16-332	9/9/2016	9/9/2016	2119	Courtney Hall Ref. to Student Conduct
Liquor Law Violation	16-333	9/9/2016	9/9/2016	2120	Courtney Hall Ref. to Student Conduct
Check Person	16-334	9/9/2016	9/9/2016	2203	Courtney Hall Trespass Notice Issued
Liquor Law Violation	16-31-AR	9/9/2016	9/9/2016	2230	Courtney Hall Arrest
Liquor Law Violation	16-337	9/10/2016	9/10/2016	0110	Davis Road Ref. to Student Conduct
Operation on Excluded Road	16-32-AR	9/10/2016	9/10/2016	0138	Courtney Access Road Arrest
Liquor Law Violation	16-35-AR	9/10/2016	9/10/2016	1604	Commuter Lot Arrest
Harassment	16-341	9/10/2016	9/10/2016	1729	Courtney Hall Investigated
Liquor Law Violation	16-342	9/10/2016	9/10/2016	1849	Scanlon Hall Ref. to Student Conduct.
Liquor Law Violation	16-36-AR	9/10/2016	9/10/2016	2248	Davis Road Summons Mailed
Drug Law Violation	16-347	9/14/2016	9/14/2016	1747	Lansdowne Place Ref. to Student Conduct
Hit and Run	16-22-AC	9/14/2016	9/14/2016	1835	Commuter Lot Investigated.
Drug Law Violation	16-348	9/15/2016	9/15/2016	1618	Lammers Hall Ref. to Student Conduct
Liquor Law Violation	16-349	9/15/2016	9/15/2016	2053	Courtney Hall Ref. to Student Conduct
Liquor Law Violation	16-350	9/16/2016	9/16/2016	1729	Courtney Hall Ref. to Student Conduct
Liquor Law Violation	16-352	9/16/2016	9/16/2016	2008	Lammers Hall Ref. to Student Conduct
Equipment Violation	16-38-AR	9/17/2016	9/17/2016	0028	Commuter Lot and Western Ave Arrest.
Drug Law Violation	16-354	9/17/2016	9/17/2016	1803	Courtney Access Road Ref. to Student Conduct.
Liquor Law Violation	16-355	9/17/2016	9/17/2016	1855	Courtney Hall Ref. to Student Conduct
Liquor Law Violation	16-356	9/17/2016	9/17/2016	1917	Davis Hall
Ref. to Student Conduct					
Drug Law Violation	16-357	9/17/2016	9/17/2016	2017	Davis Hall
Ref. to Student Conduct					
Liquor Law Violation	16-358	9/17/2016	9/17/2016	1959	Davis Hall
Ref. to Student Conduct					
Drug Law Violation	16-359	9/18/2016	9/18/2016	0204	South Lot
Ref. to Student Conduct					
Larceny	16-360	9/18/2016	9/18/2016	0910	Davis Hall Investigated.
Larceny	16-361	9/18/2016	9/15/2016- 9/18/16	0800-0730	Scanlon Hall Investigated
Expired Drivers License	16-40-AR	9/19/2016	9/19/2016	2325	Ely Road Summons Mailed
Leaving The Scene of Accident	16-23-AC	9/21/2016	9/21/2016	1455	Commuter Lot Investigated
Leaving The Scene of Accident	16-24-AC	9/22/2016	9/22/2016	1155	Commuter Lot Investigated.
Liquor Law Violation	16-370-OF	9/22/2016	9/22/2016	1604	Davis Hall Ref. to Student Conduct
Assault & Battery Domestic	16-39-AR	9/23/2016	9/23/2016	0207	New Hall Arrest
Liquor Law Violation	16-372-OF	9/23/2016	9/23/2016	1647	Commuter Lot Ref. to Student Conduct
Liquor Law Violation	16-373	9/23/2016	9/23/2016	1904	Parenzo Road
Ref. to Student Conduct					
Liquor Law Violation	16-374	9/23/2016	9/23/2016	2054	Lammers Hall Ref. to Student Conduct.
Liquor Law Violation	16-375	9/24/2016	9/24/2016	0107	Ely Road Ref. to Student Conduct
Uninsured Vehicle	16-41-AR	9/24/2016	9/24/2016	0201	Commuter Lot Summons Mailed.
Liquor Law Violation	16-377	9/24/2016	9/24/2016	1800	Davis Hall Ref. to Student Conduct
Larceny	16-382	9/26/2016	9/26/2016	1120	Commuter Lot Closed

opinions & editorials

FRIDAY, SEPTEMBER 30, 2016

Is the iPhone 7 worth it?

Krystal Vazquez

Voice Contributor

To get the iPhone 7 or not, that is the question. Ever since the announcement of the new iPhone 7 and iPhone 7 Plus, the countdown began to get the newest Apple product.

Questions surfaced from the confused customers. Was it really water resistant? Does it take better pictures? And what is with the headphone jack?

For the past few years, I had an iPhone 5s and was in desperate need of an upgrade. This was probably due to the number of times I've dropped it.

The iPhone 7 and 7 Plus both come in black, jet black, gold, silver, and rose gold. The camera is great, but only the 7 Plus has the dual camera. The speakers are awesome for listening to music while getting my homework done. The

new Home button was a little weird at first, as it doesn't click anymore; it's touch sensitive instead.

I personally don't mind it, as it won't wear out the button, but some people I've talked to say they didn't like it.

iOS 10 is also a nice update and has so many different features. The new emojis, however, may take some getting used to.

The better battery life is a plus, because

everyone knows how fast an iPhone loses power.

One thing I don't like about the new iPhone is the headphone jack. A lot of people asked me if they came with the wireless headphones; I even thought that they did at first.

Sadly, they don't. You will have to pay \$159 for those, and knowing me, I'll probably lose them. Instead, it comes with an adapter to use your

old headphones, and wired headphones that connect to the charging port instead. It's kind of a turn off that I can't or connect an aux chord when I'm in the car, or listen to music while charging my phone.

Overall, I like my new phone. It's a nice upgrade from my old one, even though it has some downsides. Does it meet the hype it was given? Well, yes and no.

The camera is bet-

ter and the battery life is great, but the missing headphone jack and home button will take some getting used to.

Getting the new iPhone 7 or iPhone 7 plus is up to you in the end. Get it or don't get it, just be mindful of the headphone jack. And, while it is water resistant, don't go swimming with it or drop it in the toilet. It will not end well: trust me.



PHOTO FROM YOUTUBE

BUOY: everything you ever wanted from your speaker



PHOTO PROVIDED BY NATHAN NORTH

Nathan North
Copy Editor

Have you ever wanted a waterproof Bluetooth speaker that gets loud without losing fidelity and goes anywhere you'd like? I certainly have. I want something I can take on the beach, by the pool, in the shower, or along any outdoor adventure. This is it! I've taken the Buoy speaker into a hot tub, the shower, a pool, and numerous otherwater abuse tests.

The speaker floats and will even put on a little show displacing water if a bass-heavy song is playing. With up to 19 hours of play time on a charge, there is plenty of battery to charge up your phone

while also listening. The Buoy is shock proof, sand proof, and waterproof, as shown! In the mobile speaker industry, having buttons to control the audio and even the device paired with the speaker is a high demand feature, so when Pandora misses on playing your next shower jam, you can move on right away.

The Buoy offers skipping each direction, volume up and down, play and pause, mute, power, and a call/answer/hang up feature. It also has a built in microphone that will allow voice dictation when paired. The Buoy is also equipped with motion-sensing lighted buttons, so if you are using it in the dark you can see what you are pressing.

This user-friendly feature is great on the newer X1 remotes, and I was glad that Magtunes went above and beyond to make this speaker look as premium as it sounds. Buoy connects using Bluetooth 4.0, but also has a power panel that includes a headphone jack, USB port, micro SD card slot, and a micro USB jack for charging or input.

Having all these options makes it great for any situation and easy to pair. The Buoy comes with a durable strap that attaches to a durable hook on one end.

The Buoy, which goes for \$99+SH on Indiegogo, is a concept speaker made by a small Australian company called Magtunes and pio-

neered by several former tech-giant engineers.

The Big Buoy, a larger version of the Buoy, is available for \$159+SH or more. The Buoy arrived a couple months ago after an Indiegogo Campaign, which is still in full swing. The Buoy measures 7" x 3" x 2", which fits neatly anywhere you would stash a water bottle.

If you would like to check out their site for exact specs or more feature details, look for a link on the Voice's twitter feed this week! As a matter of transparency, I voluntarily backed this crowdfunding campaign and received the end product as a result. Please invest in projects at your own risk

Letters to the Editor

UMASS food service may be number one, but at what expense?

It is at the expense of our former Sodexo food workers who are our neighbors, whom we have come to know and love. This is too great a price to pay, and many long for the days of last year! Driven into abrupt financial crisis when their pay was cut from \$20 to \$11 an hour, many were forced to seek other employment, or stay and take on another job to afford food and shelter.

Those I talked to wore haggard faces; one had aged ten years

from the ordeal - another had a stroke attributed to the stress. This is unjust, this is the kind of social violence that drives workers into poverty, and into early graves. Will they be allowed to join the AFSCME Union?

Being promised only 30 hours a week, most think not. But the hours they end up working are much longer - 40 to 44 hours, still needing a second job to stay afloat. They are intentionally short handed; three work-

ers are manning five stations.

Have you found adequate forks, spoons, FOOD in the DC and other venues?

The milk is out, the entrees run short, the dessert is all gone - and there IS no more - they post signs saying so. This is not what I paid for when I swiped in. They have inadequately planned for our numbers.

Further stressing and threatening the lives of the workers is the fact that there are no health bene-

fits. Who can live this way? Workers depend on strong unions to fight for a living wage.

I will always be grateful for our National Association of Letter Carriers, the union that protected my pay, my health, my life. What is there for these food service workers who greet us every day? Is there a student voice? Is there a spotlight on the dark water where they've been thrown overboard, and grimly tread water until they're exhausted?

Do you expect a smile with that cheeseburger? I don't. I'd take the problem to my friend Roman Shilyuk, but the former manager was one of the lucky younger ones with the means to get out and start over; he's on his way to North Carolina.

Others with families or advanced years are trapped here by their lately enforced poverty.

Please don't print my name - I have to eat here!

Are students really feeling remorse over the loss of Sodexo?

When I hear students say they miss Sodexo, I do not think they miss the food. Instead, I think they miss the service. Winston Churchill once said, "To improve is to change; to be perfect is to change often. Westfield State Dining has increased the quality of the food, but the quantity is still to be desired. It is not a secret that, with less food being made and more individual meal stations popping up,

the lines in the DC are growing.

The dining service calls this the Small Plate Big Flavor program. The dining service has been campaigning hard on hiring students to work, but training in the early stages will continue to hold up lines due to the lack of experience.

The other campus restaurants haven't totally changed what Sodexo offered, but enough to be different and better tast-

ing.

One thing that could really start to annoy students, especially the ones who have been here during Westfield's partnership with Sodexo, is lack of the ability to use meal swipes outside the Dining Commons, particularly at TJ Bistro.

Say what you will about Sodexo, but Pandini's quick meal swipe program was great for the student on-the-go. The new Perc will offer a Grab

and Go system similar to Pandini's, but from 10:30 a.m. to 3 p.m. only. The Meal Exchange program allows students who have a 5-meal swipe plan to get food up to \$8.50 with a swipe.

Hopefully this will transition to the other students who have higher meal swipes. At least it is a start to the Grab and Go at the Perc.

Food services are an indispensable part of the Westfield campus. Students are

encouraged to write suggestions to the food committee and help improve the services with suggestions. We shall see if the coming changes will make students optimistic or more annoyed, at least not as annoyed at Dunkin Donuts for accepting Dining Dollars.

- Anonymous

Some of the best lessons are learned outside of the classroom

Sarah Rayner
Voice Contributor

I have learned many important things in college. I have studied psychology, communication, and the Common Core. I have thumbed my way through great works of literature, and, much to my dismay, have even wrestled with statistics. I have attended many lectures, some of which have awoken me to concepts that electrified my mind, and some that just put me to sleep.

As a senior looking back on my past three years at Westfield State, I cannot pin down what the most important academic insight I have learned in college might be. What I do know, however, is that some of the most important life lessons I have learned were not learned inside a classroom. I can remember my first semester of college clearly.

A naïve freshman, I was thrilled to be away from home and away from supervision. In stark contrast to my quiet and reclusive nature in high school, I dove into college headfirst. I wanted to reinvent myself, have a lot of friends, and date an attractive guy. I wanted people to like me. For better or for worse, my wish came true. Almost instantaneously, I found myself surrounded by people. I had made so many friends in such a short period of time that I could hardly wrap my mind around it. Many of the friends I had made in the frenzy that is the first month of college did not fare past the first semester. A week in, I was dating the type of guy that I had idealized in high school. It was great ... until it wasn't.

Lesson One: Build the foundation of the friendship or relationship before you start building the walls. Sometimes it may seem arduous to put off the exciting parts of a new friendship or relationship. It definitely seemed that way when I was a freshman. I wanted a boyfriend. I wanted to be popular.

I wanted it now. It was only when everything started crashing around me when I learned that superficial things like that are not really important. I needed to love myself enough



PHOTO FROM THE HACKER

to not allow just anyone the privilege of my friendship or love. Sometimes when I pass freshmen on campus, I catch a glimpse of my past self and wonder if they know that college goes on after the first semester ends, and that it's okay to go to the DC alone.

In my sophomore year, I went through the most transformative change of my life. It was the first time that I truly understood the concept of loss. I went through a downward spiral of a dismal chain of events. It began with a trip to the hospital that benched me from school for a week and a half, was followed immediately by the loss of my grandmother with whom I'd been very close, and ended with an existential crisis.

I began to look at life differently. I began to really feel its finality. I started therapy for anxiety and depres-

sion and felt no shame for it, despite how many people tried to make me feel otherwise. I decided that I wanted to study to be an existential therapist or a grief counselor. I stopped allowing myself to be treated in ways that made me feel uncomfortable or unworthy, because life was too short for that. I began to ruthlessly stand up for myself against things I did not deserve and losing things I did. This resulted in the loss of many people whom I had previously regarded as friends.

Lesson Two: We only have one life to live. The way that you choose to live your life will become your legacy in the end. In my Human Communication class sophomore year we learned that we become the sum of the five people we spend the most time with. I took a hard look at the

people I was spending the majority of my time with, and realized that I did not want to become like them. A huge takeaway from my sophomore year was learning that if I did not like something about my life, I had the freedom to change it.

Mistakes happen. We learn. We grow. We move on. But we only live once. Spend your time with people who value and support you, and who you look up to. It is the people who are there for you in your darkest hours that matter the most. When you find them, you will know who they are. If you don't like something, change it.

Don't complain about something that is in your power to change. Be the person that you have always wanted to be. Be someone that you would like to meet. Don't settle for anything less. My junior year began far too suddenly. I began to rebuild after completely and purposefully decimating my inner circle of friends. I learned to accept love from the great friends that I did have, and, for the first time in a long time, not feel guilty about it.

I became "unofficial roommate #7" to some of the most compassionate, loving, and fun women that I have ever met. I found refuge in the radio station with all of the wonderful people that make up WSKB, and became a Music Director there. I also met a soul sister to write songs with after class. I learned that it is not where you live that will make you happy, but who you live with. Through a troubling domestic ordeal I learned that advocating for your own needs is not selfish.

I learned that sometimes people experience emotional and psychological difficulties that they can only express by taking them out on the people around them. It is not your fault. It does not make you, or them, a bad person. Life is difficult for everyone. People deal with things the way they deal with them. It does not count as an excuse, but it does count as an explanation for many of the things people do as a result of

see **RAYNER** on page 22

Out with the old in with the new

How YouTube contributes to the evolution of new age media

Blair Coulter
Voice Contributor

For the longest time, television has been the top dog among the competition to stream media. It has had what some would call a monopoly. Today, however, there are options for receiving entertainment that can be personalized to your own individual taste.

YouTube is a website that does just that. With a system for following channels that pique your interest, and even a recommended list of videos for you, it is almost shocking how well your YouTube account seems to know you.

YouTube is a fairly recent website, but has been gaining more and more popularity over the last few years.

Slowly but surely, YouTube, along with other media outlets, are becoming the



main source of the spread of information.

YouTube is not only popular for its recommendation feature, but also popular in its unique ability to create something called "Internet celebrities."

Wikipedia defines an Internet celebrity as "someone who has become famous by means of the Internet." I am not actually sure what it is that sparks the

popularity, but something does for these online personalities.

Suddenly there is a small corner of the Internet that is obsessed with that Internet celebrity and their life. These popular online personalities often post things called "vlogs" on their YouTube channels, which allows their fan base to follow what they do in their day-to-day lives.

It is comparable to a celebrity like Britney Spears setting up a live-stream camera that follows her while shopping. Sometimes these Internet celebrities get so big that they make the transition from YouTube to television.

They move to the big screen and become even bigger. Some people that started on YouTube before mak-

ing the jump include Justin Bieber, Kate Upton, Bo Burnham, and even Soulja Boy.

All of these celebrities had humble starts on YouTube, and owe at least some of their success to the website. So considering how big YouTube is, why would they transition to television?

Obviously they have gained more publicity due to being on T.V. After all, T.V. has been around for so much longer than both YouTube and the internet. So, television has the benefit of being popular among the larger population, and seems like a necessity in any home.

I, however, believe that as live streaming becomes more popular and different services like YouTube become larger, it will be the new top dog among the new age of media outlets.

Do you like to write?

Do you have an opinion?

Are you a human?

Then you should write for The Westfield Voice!

Faith in humankind

Nathan Godard
Op-Ed Editor

A question that has been gnawing at my brain for quite a while is whether or not mankind truly grows and changes; whether or not we are the same old animals, but with slightly more advanced technology to enable those same basic instincts that have governed our behavior from the beginning of our existence.

Howard Zinn asked a very interesting question in his "People's History of the United States," asking if it was inevitable for humans to progress for entire cultures and for people to be eradicated.

With the role of industrialism came aggressive and expansionist capitalism whose main characteristic was the profit and exploitation of people and resources. Now, is that human nature?

Is it like Howard Spencer said, just survival of the fittest, the big fish eats the little fish, as the natural order? Is there no end to this cycle?

We like to believe that we have progressed past the behavior that we label as "evil" in our history books. But, in America, there is a large



PHOTO FROM THE ULTIMATE FUNDRAISER WORDPRESS.COM

percentage of people that I believe like to forget that we live in a country that survives on the exploitation of people and resources from across the world.

We do not think about what it means when we see "Made in Indonesia" or "Made in Vietnam" stitched into our shirts; we simply purchase the shirt from our immediate provider and move on our way. But, is that necessarily one individual's fault? Perhaps not.

The reality, however,

is that we rely on other countries with less humane labor laws than our own to create many of our products in sweat shops that employ many people, but pay meagre amounts of money.

We support corporations like Shell who play already unstable African governments against each other to exploit their oil and other natural resources; however, we don't often know these realities, or we look the other way because the most important thing America

values is its standard of living. But, this is nothing new. This has always been the reality throughout history.

When someone is living comfortably, they want it to stay that way. They want to be able to provide for their families as well as for themselves. In the end, an individual will take care of themselves or their loved ones. It is about self-interest, not the means in which we maintain this standard of living.

When this hap-

pens, it allows exploitive practices that many would believe belong in another century to continue. It allows for these to become norms, and norms are very difficult to change in a consumerist society because of the overall complacency that it encourages.

The question still stands, however: Can we, as a humankind, evolve from this cycle of exploitation? Cruelty begets cruelty, violence begets violence, and exploitation of one leads to the exploitation of another.

When will the cycle be broken? Can it be broken, or is it something that is so ingrained into our mindset that we cannot imagine a world any differently?

I suppose the answer to that question is based upon the premise on whether or not I have any faith in humankind to evolve. Quite frankly, I do not have much hope that, for however long the human race will endure, these realities that we face today will not be around in different forms a hundred years from now.

But to quote Samwise Gamgee in "Lord of the Rings: The Return of the King," "... there is some good in this world, Mr. Frodo. And it's worth fighting for."

quick hits

as of Sep 28, 2016

Top 10 Singles

1. Closer – The Chainsmokers featuring Halsey
2. Heathens – twenty one pilots
3. Cold Water- Major Lazer featuring Justin Bieber & MO
4. Let Me Love You- DJ Snake Feautring Justin Bieber
5. Cheap Thrills - Sia Ft. Sean Paul
6. Treat You Better - Shawn Mendes
7. Don't Let Me Down- The Chainsmokers featuring Daya
8. Broccoli - D.R.A.M. Ft Lil Yachty
9. We Don't Talk Any- more - Charlie Puth Ft. Selena Gomez
10. This is What You Came For - Calvin Harris Ft. Rihanna

Top 5 Albums:

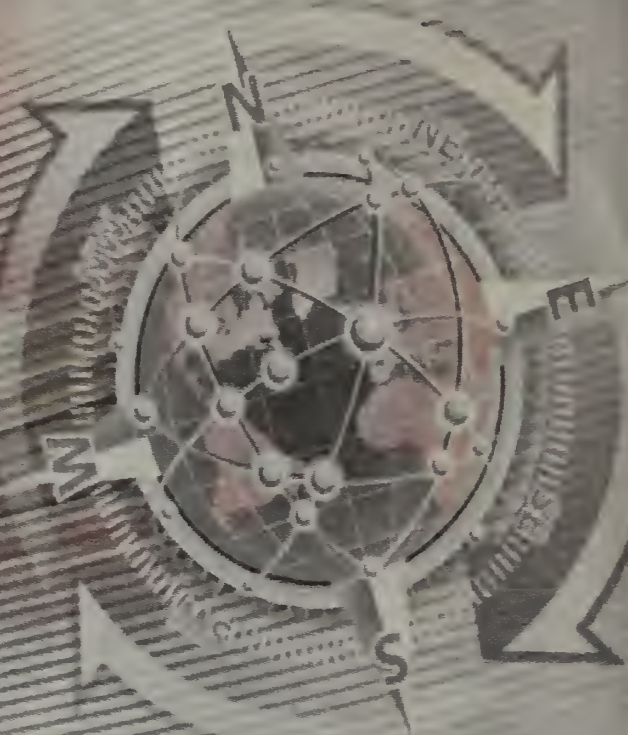
1. Views- Drake
2. Divine Feminine - Mac Miller
3. Suicide Squad: The Album
4. Sinner - Aaron Lewis
5. Hard II Love - Usher

Top 5 Movies:

1. The Magnificent Seven
2. Storks
3. Sully
4. Bridget Jones's Baby
5. Snowden
6. Blair Witch
7. Don't Breathe
9. When the Bough Breaks
10. Kubo and the Two Strings

JOURNEY THROUGH COMMUNICATION FOR 35 YEARS

A celebration in honor of the 35th Anniversary of the Communication Department



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Journey Through Communication for Thirty-Five Years

Saturday, October 1, 5:30-7:30 p.m.

Cost: \$10. Hors d'oeuvre reception

Communication Department, Ely Building, 3rd Floor

A celebration in honor of the 35th Anniversary of the Communication Department

Sponsorships available:

Endorsing Sponsor: \$1,000

General Ad Alms Sponsor: \$500

Adult and a minor donation accepted. Proceeds to benefit the Edward J. Abate-Kennedy Communication Scholarship. To register for the event or for details on sponsorships please visit westfieldstate.edu/commjourney

Do you write papers and essays for class?

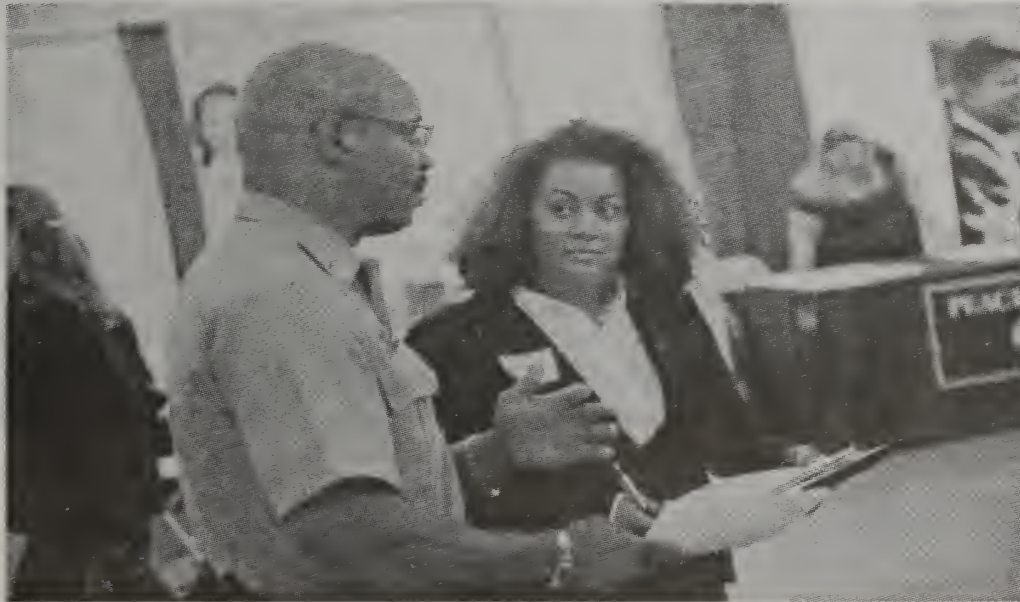
Do you write in any form?

Are your open letters just not open enough?

Then you should write for The Westfield Voice!

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CAMPUS SAFETY ALERT

September 21, 2016

On Wednesday, September 21, 2016 at approximately 6:45 p.m. a Westfield State University student was approached in the South Parking Lot by a vehicle driven by a white male with reddish hair and beard in his early 20's. The vehicle was a black, 4- door car with black rims and a spoiler. The male asked for directions, made some sexual remarks to the student, and began to get out of his car as the student ran away. He then left the area in the vehicle. A photo of the vehicle is attached to this email. If you have any information regarding this incident, or see this vehicle in the area, please contact Westfield State University Police immediately at 413-572-5262, or ext. 5262 via a campus phone.

University police have increased patrol in South Lot and other areas of campus. Students are reminded to be cautious when walking alone and report any suspicious activity to Westfield State University Police.

Lt. Bernie St.George
Department of Public Safety
Westfield State University

YOU GET CONSENT. IT'S WHAT YOU DO.

79%

of Westfield
students agree
that explicit
verbal consent

is the best way to make sure a
person is okay with sexual activity.

You *always* have a choice to: **GIVE AND GET CLEAR,
ENTHUSIASTIC, AFFIRMATIVE, ACTIVE CONSENT.**

Westfield
STATE UNIVERSITY

from the editors desks

On behalf of the staff of The Westfield Voice we welcome you to the 2016-2017 academic year. After a late start, we are proud to publish our first edition of the year. Due to technical difficulties with office equipment, the paper could not be published last week. Going forward we expect to publish on schedule every Friday.

We are pleased to welcome back many members of our editorial staff from last semester. Matthew Carlin will be continuing his role as managing editor, while simultaneously acting as President of the Student Government Association. There is no doubt that he will serve each of his roles with the upmost integrity and objectivity. Sandra Mercer will be continuing her role as head copy editor. Her dedication and experience coming into this year will be an asset to the publication. Monique Desnoyers will be returning as Arts & Entertainment editor, and Nathan Godard will be returning as the Opinions & Editorials editor.

Mike Barry has graduated from his Sports editor position, and Tim Jaroche will be stepping up to fill that role. We are all confident in Tim's abilities to keep the tradition of a strong sports section alive. Also returning are Delaney Gembis, photography editor, Zach Va, online managing editor and Liz LaBruna, copy editor.

Ryan Caulfield, SGA correspondent and circulation manager is also returning. We are pleased to have him return after spending this past Spring semester studying abroad in Italy.

New to our editorial staff are Nathan North, copy editor and Rick Sgalia, social media correspondent.

Nicholas Sarnelli, former editor-in-chief has graduated, but his contributions and innovation will have a lasting influence on The Voice. We will miss his one-of-a-kind and positive attitude. He never failed to make everyone around him feel valued and happy.

Looking ahead for the rest of the academic year The Westfield Voice is motivated to improve its online presence, especially with social media. Additionally we hope to expand distribution and increase our advertising.

Although we have had a rocky start to the year, our publication still strives to put out quality content that we believe our readers will want to read. Sometimes it can be difficult to maintain consistency, especially when there are large changes in staffing, failing technology and few resources. Being part of a small student run publication has its challenges, and can sometimes be an uphill battle. Many people will be quick to criticize, but offer no solutions. As Theodore Roosevelt once said "complaining about a problem without posing a solution is called whining."

Taking on the editor-in-chief role comes with many responsibilities that are unseen by many, but rest assured that I have every intention of taking this role seriously. The success of this publication is my number one priority.

I am truly looking forward to taking on this challenge and continuing the legacy of this extraordinary newspaper. We have an incredible team who bring with them different sets of ideas and skills.

I am confident that we will have a successful year, and I look forward to seeing what we will accomplish.

The Westfield Voice

The objective student press of Westfield State University

Gina Muller, Editor-in-Chief
Sandra Mercer, Head Copy Editor
Matthew Carlin, Managing Editor

Nathan Godard, Opinions & Editorials Editor
Monique Desnoyers, Arts & Entertainment Editor
Tim Jaroche, Sports Editor

Ryan Caulfield, Circulation Manager & SGA Correspondent

Rick Sgalia, Social Media Correspondent
Zachary Va, Online Managing Editor
Delaney Gembis, Photography Editor
Elizabeth LaBruna, Copy Editor
Nathan North, Copy Editor

Prof. Glen Brewster, Faculty Advisor
Prof. George Layng, Faculty Advisor

Ely Campus Center, room 305
577 Western Avenue - Westfield, Massachusetts 01086
413-572-5431 office

General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to write for The Westfield Voice, you can submit your interest

in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a \$16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

Do you like to write?

Do you like to edit?

Do you like to take photos?

Do you like to socialize with people?

Are you human?

If the answer was yes to any of these questions, you should write/edit for us!

We are looking for a photography editor.

If you are interested,

contact thevoice@westfield.ma.edu!

gail's guidance

Dear Gail,

This story may come across as a bit stinky, but I will try to get right to the point. It all began with a skunk. Not a pepe le pew' look alike, but an ugly, dirty, creepy, life ruining, little rodent. While I was helping watch my dogs for my parents this weekend, I was fortunate enough to cross paths with this little stinker. He looked me dead in the eyes. I knew there was something off about that skunk. His beady little eyes kept mocking me as I desperately tried to find a path around him. All of a sudden my dog comes out of FREAKIN' NOWHERE and scoops pepe up in her mouth. I think you know what happened next..... Anyway, my dog was now covered in skunk stank and she was still running around like she was just sprayed with the newest Chanel Number 5. She burst through the door and into the house, sat on every sofa she could find, every nook and cranny that she could wiggle her little stinky body into is exactly what she did. The thing about skunk smell is that it NEVER goes away, especially since it got onto our furniture, our clothes, curtains, rugs, underwear, you name it. So it's now been a week and my parents have reported that the smell has not gone away. They have tried opening windows, air freshener, tomato juice, nothing. The smell is so bad that people walking down the sidewalk complain about it. The smell IS SO BAD that all of the clothes that I brought back to school smell like a pothead's wardrobe. I am so embarrassed and quite frankly I want this eye watering, stomach turning, everlasting scent out of here!! Please Gail, give me some tips on how to get rid of skunk smell from my house and clothes. My parents, myself, and people in class that don't want to smell me are counting on you!! See, I told you this story was pretty stinky.

Best wishes,
Pepe-la-eww!!

Dear Pepe-la-eww,

This has actually happened to my grandmother before, only it involved her cat and a cranky skunk. Anyways, skunk smells can be awful. Sometimes so bad that your nose bleeds and then begs for fresh air. I do have a couple of solutions for your stinky issue. To get rid of the skunk smell around the house; buy a gallon of white vinegar and pour it into as many bowls as possible. Distribute these bowls around the house; especially where the smell is most potent. The vinegar should absorb the smell in about 24-48 hours. Make sure to put these bowls in high places so your lovely dog cannot get into it! Finally to get rid of the fabulous smell on your cloths and other fabrics, create a vinegar solution using one part vinegar, and five parts warm water. Mix this solution in a bucket. Next, place your soiled fabrics in the bucket allowing them to soak for five minutes. Once they have been soaking in the vinegar solution for five minutes, stick them in your washer machine with normal detergent and wellah!! your cloths should be stank free. Hope this helps!

Ya girl Gail

Owls athletics

FRIDAY, SEPTEMBER 30, 2016

Marlins pitcher Jose Fernandez, 24, dies

Tim Jaroche
Sports Editor

On Monday, the Marlins took the field at home against the New York Mets. Marlins lead-off hitter, Dee Gordon, stepped into the right handed batter's box as a tribute to his close friend and teammate, Jose Fernandez.

Following the initial pitch, he took his place on the left side of the batter's box where he regularly hits. With a 2-0 count Gordon recognized a pitch that he liked and, without hesitation, sent it into the right field grandstand.

In over 1,800 at bats in the major league, Gordon has hit nine home runs. After his tribute to Fernandez, he was overcome with emotion, sobbing as he trotted around the bases.

"I ain't never hit a ball that far even in batting practice. For that to happen today, we had some help," said Gordon on his home run. On Sunday, 24-year-old Jose Fernandez died in a boating accident.

Fernandez was a pitcher for the Miami Marlins and was loved by fans, friends, and family everywhere. In the base-



PHOTO FROM LARRYBROWNSPORTS.COM

ball community, Fernandez was a sure thing Hall-of-Famer. After defecting from Cuba in 2007 and playing high school baseball in Tampa, Florida, Fernandez was drafted fourteenth overall to the Florida Marlins in his senior year of high school in 2011.

After playing for multiple Class-A teams in the Marlins farm system during the 2012 season, he was named Marlins Minor League Pitcher of the Year.

To start the 2013 season, Fernandez was invited to training camp with the Marlins to give him a taste of what was to come for the ace pitcher. Luckily for him, the Marlins pitching staff was

suffering from injuries, which allowed room for Fernandez on the opening day roster.

Throughout his rookie season he received praise from managers around the league, substantiating the hype he received while playing in the minor league. He was the only Marlins player selected for the National League All Star team that season.

Fernandez continued his dominant performance during the second half of the season, showing no signs of fatigue or inexperience; for this, he was named National League Rookie of the Year.

He also placed third in National League Cy

Young voting behind winner Clayton Kershaw and Adam Wainwright. This is an unbelievable feat for any major leaguer, let alone a rookie who made the opening day roster due to an injured pitching staff. His next season was cut short, as he would need Tommy John surgery after just eight starts.

In 2015, Fernandez was still recovering from Tommy John and did not get his first start until July 2. Fernandez returned to the disabled list in August for a bicep strain, but was able to finish the season healthy. That season he set the record for most consecutive home wins by a pitcher with 17.

This year Fernandez started 29 games, winning 16 and pitching the most innings in his career with 182.1.

Throughout his career, his season ending ERA never eclipsed 3.00 with his lowest being 2.19 during his rookie season. His career WHIP was 1.05, which is the league average.

For a pitcher, Fernandez was one of the better hitters in the league. In his career he hit two home runs and knocked in 14 RBIs, while his career batting average was .213.

This season, in a rare instance for a pitcher, Fernandez was called upon to pinch hit in the twelfth inning in a game versus the Braves. He doubled to knock in the winning runs.

Having achieved this kind of success in only four seasons at the age of 24, who knows what was to come for Fernandez. In honor of his legacy, the Marlins have decided to retire his number 16.

Fernandez was not only loved by baseball fans, but also by the Miami community and anyone from his home country of Cuba who he has taught to pursue freedom at any length and follow their dreams.

First three games of 2016 have been a microcosm of the Patriots dynasty

Kyle Finnamore
Voice Contributor

Week four of the NFL season is upon us, and just like everyone predicted, The New England Patriots are 3-0. Everyone knew Jimmy Garoppolo would ride into Arizona on opening night and take down the NFC powerhouse Cardinals.

Everyone knew Jimmy G would throw three touchdowns in the first half against Miami in week two, only to injure his shoulder and force third string rookie backup Jacoby Brissett into action.

Everyone knew Brissett would eventually

start four days later in a primetime Thursday Night Football matchup with the Houston Texans and pull off a 27-0 shutout by running a college-style offense.

All the experts predicted this series of events before the season began. While most experts wish they could have predicted such a start for the Patriots, many of them will tell you that not even Nos-tradamus could have guessed this start for New England.

The Patriots continue to prove to the rest of the NFL that they are the gold standard. Most teams would have been devastated by the loss

of their franchise quarterback for the first four games of the season, but the Patriots have not skipped a beat.

The "next man up" mentality that head coach Bill Belichick has instilled in his squad is no fluke. Belichick has every man on his roster ready to go at all times because they never know when their service may be needed.

The Patriots coaching staff has created a system that has the ability to adapt to its players and put them in the right position to be successful.

Not many other NFL teams are built like this. Many coaches decide to

stick with their system and refuse to change, even though some players do not fit.

This is what makes the Patriots so great. Players will come and go, but New England always finds a way to be at the top of the league, a league that purposely attempts to even the playing field with salary caps and a draft that lets the worst teams pick first.

What the Patriots have been able to do for the last sixteen years under Coach Bill Belichick is truly incredible. This includes four Super Bowl victories, six appearances, multiple AFC championship

games, and multiple division titles.

No other team can boast that type of success in the NFL. There is no doubt that the Patriots would not have been able to compete at such a high level without Tom Brady; he won those Super Bowls for them. The first few games of this season have shown, however, that the system around Tom Brady has

been a huge part of their success. Teams are what truly win championships, and Belichick is the master of building and managing those teams to be complete all around.

Owls looking for third straight Smith Cup

Jason Phillips
Voice Contributor

With the 2016-2017 school year underway, the Westfield State University Owls have been looking for their third straight Massachusetts State Collegiate Athletic Conference (MASCAC) Howard C. Smith Cup.

The Smith Cup is awarded yearly within the Massachusetts State Collegiate Athletic Conference to the institution that scores

the most points based on placement of each program competing in the 15-league championship sports.

This fall, the Owls are having a strong year in women's field hockey, women's soccer, and both the men and women's cross country teams.

During the pre-season, MASCAC predicted that Westfield State University women's cross country will take the championship, and that the

men's team will take second place.

In the first week of cross country, both teams took first place at the Fitchburg Invitational in Fitchburg, Massachusetts. I predict that both Westfield State Cross Country teams will take the championship this season.

Women's volleyball, football, and men's soccer have had a tough season thus far. Freshman Natasha Belardo on the women's volley-

ball team was named MASCAC Rookie of the Week.

Belardo, a Springfield resident and Holyoke High School graduate, was a strong addition to the Holyoke Knights and now to the Westfield State Owls.

Belardo has helped the Owls even though they have had a tough break so far, and she plans to do great for the rest of the season.

Freshman Norman Carroll is bringing ex-

perience he gained from the football team at Springfield's Central High School.

During his first week playing for Westfield State's football team, Carroll was named MASCAC Special Teams Player of the Week.

During the first game of the season, Carroll went two out of three in field goals with sixty-nine yards total versus Nichols College Bison's

Patriots fans everywhere hope for a speedy Garoppolo recovery

Tim Jaroche
Voice Reporter

The Patriots are down Tom Brady for two more weeks, and possibly Jimmy Garoppolo as well. Oh, how quickly things can change.

Just two weeks ago, Patriots fans were speculating how smoothly the Patriots offense would function with third-year backup quarterback Jimmy Garoppolo at the helm. After a convincing performance versus the top ranked Arizona Cardinals defense, fans have utter confidence in Jimmy, almost as if he's been the starter for years.

Halfway through the Miami game, Garoppolo was sacked, spraining the AC joint in his throwing shoulder. This leaves the Patriots offense in the hands of rookie quarterback, Jacoby Brissett. Brissett was six of nine, passing for 92 yards and sacked twice.

Patriots fans are getting a tiny taste of what the Browns fans go through



week in and week out. For once, they are the ones who are short-handed at quarterback. Heading into this week against the Texans, Julian Edelman is the backup quarterback. With how quickly Garoppolo went down, you cannot count out the possibility of Brissett getting hurt. At that point, it is no longer about winning the game; it is simply about getting the game over with and keeping

everyone else healthy.

The Patriots' defense will be heavily depended upon to keep the offense in the game. Having this week of preparation knowing he is starting, Brissett should feel more comfortable, and Josh McDaniels should have more confidence in him.

The offense needs some kind of balance, unlike the final two quarters of the Miami game. The Patriots will

need to establish the passing game as somewhat of a threat in order for the running game to have any success.

In terms of the future for both Garoppolo and Brissett, I would expect to see them both throughout the remainder of this season. At that point, Garoppolo's contract will be up. Also, dependent upon Brady's health, the team must decide whether

they want Garoppolo to be the next starting QB, or if they want to stick with Brady for a few more years. Based on how Garoppolo played versus Arizona and Miami, he could be traded for a quality player or pick.

Historically, the Patriots keep the backup and trade him the year his contract runs out. After the 2017 season, Garoppolo will be a free agent.

With many teams needing a sufficient quarterback, Garoppolo holds good trade value heading into his contract season. Brissett is under contract through the 2019 season. In recent history, the Patriots have kept two quarterbacks on the active roster; however, because of the situation they are in Brady, Garoppolo, and Brissett will all be on the roster for the coming weeks.

Worst-case scenario, the Patriots go two and two and hand the reigns off to a well-rested, revenge hungry, four-time super bowl champion, Tom Brady.

from RAYNER on page 11

their own crumbling inner universes. From this, I learned that forgiveness, though difficult, is the cornerstone of peace and is one of the secrets to happiness.

I learned that it is important to be kind, and to have an open mind no matter what. I learned that the only person I can control is me, and that gave me a great sense of freedom. Lesson Three: It is what it is. Sometimes life happens and it isn't good or bad. Sometimes it just is. When it is good, it is important to recognize what you have and to be thankful

for that.

When it is bad, it is important to remember that you are not alone, storms don't last forever, and that there are people out there who love you. If you do not believe that you have a supportive network, it is never too late to find one. Therapy helps in inconceivable ways, whether you are going through turmoil or not. In my junior year of college, I became close to a multitude of incredible people who I know will be lifelong friends, in most cases by chance.

I accepted my personal belief that things happen for

a reason, and that sometimes you do not get what you ideally imagined so that you can end up where you were destined to be. Maybe it's just me, but I believe this to be true.

So here I am, in the present day. It is my senior year, and I am writing this from the WSKB Radio Station after midnight on a Tuesday night. On nights like tonight, when I am alone under the flickering lights listening to some mellow music and doing homework, I think of the magnitude of everything that I have experienced in college. Instead of coming

down on me like a crushing weight, like I might have expected to happen in the past, the memories feel surprisingly light and I am grateful for that. I made it to my senior year of college because I passed Macroeconomics, Theories of Counseling, and Fundamentals of Audio Production, among other great courses.

I made it to my present state of mind because of all of the accumulated obstacles that I have overcome between those classes. Things are good right now because they were once not so good, and I learned how to perse-

vere with the help of some great people in my life. I know that it would be extremely naïve to assume that things will always be smooth sailing henceforth. They won't. There is no magic pill.

But I think the most important thing that I have learned in college so far is that no matter what hardships may come my way, I can make it through. I will be thankful for whatever life throws at me, and all of the knowledge I will acquire as a result. I will graduate from Westfield at the end of this year, but I will never stop being a student of life.

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	5		9		3
		8			4
	6				8
3			5	4	7

Gardening

F S W H E E L B A R R O W W H D E G F
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C A G O R T L S O I L O C I N O W A L
H O H R R E L R O W S A T O M A E K L
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I S W C U W F N S D A T R N E P L B F
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L P H S S D F E W G N I X A L E R G E
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Q P R T C H F O R K E C A R R O T S

ANNUALS
BEANS
BEETS
BIENNIAL
BROCCOLI
CARROTS
COMPOST
CULTIVATE
DAISIES
DIGGING
FERTILIZER
FLOWERS
FUCHSIA
GARDEN
GERANIUMS
GLOVES
GNOME
GREENHOUSE
GROW
HOES
HORTICULTURE
HOSE
HYDRANGEA
LILACS
LILIES

MARIGOLDS
ORGANIC
PEAS
PERENNIAL
PETUNIAS
PINWHEEL
PITCH FORK
PLANTING
RAIN
RAKE
RELAXING
ROSES
ROWS
SEEDS
SHOVEL
SOIL
SPADE
SUNSHINE
TOMATOES
TROWEL
TULIPS
VEGETABLES
WATER
WEEDS
WHEELBARROW

Games & Leisure Maze

1	2	3	4	5		6	7	8	9		10	11	12	13
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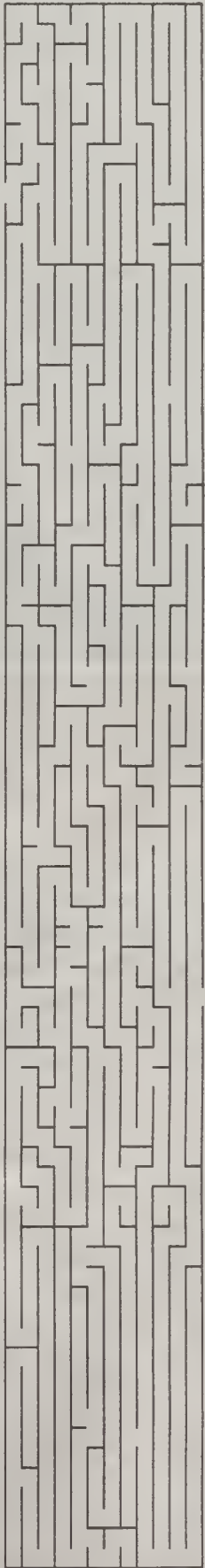
ACROSS

- 1. Value
- 6. Break
- 10. Swear
- 14. Ancient Greek marketplace
- 15. Anagram of "Note"
- 16. Ear-related
- 17. Pizazz
- 18. Street
- 19. Falafel bread
- 20. Temporary
- 22. Damson
- 23. Mug
- 24. Broom
- 26. Associate
- 30. Provide food for
- 32. Not rented
- 33. Swim, run and cycle race
- 37. Put away
- 38. Inhabit
- 39. Overhang
- 40. Casks
- 42. Trainee
- 43. Lariat
- 44. Commands
- 45. Cream (cooking term)

DOWN

- 1. Drift
- 2. Leer at
- 3. Lion sound
- 4. Snip
- 5. Green bean
- 6. An elongated leather strip
- 7. Newbie (slang)
- 8. A Freudian stage
- 9. Plinth
- 10. Brown pit viper
- 11. Practical
- 12. A stomach exercise
- 13. Fraud

- 21. Gist
- 25. Damp
- 26. Silence
- 27. Savvy about
- 28. On-line journal
- 29. An open letter
- 30. Doctrine
- 31. Afflicts
- 33. It was (contraction)
- 34. Stow, as cargo
- 35. Not under
- 36. Catches
- 38. Abandoned
- 41. An unskilled actor
- 42. Make a crunching noise
- 44. Lyric poem
- 45. Scold
- 46. A shoulder firearm
- 47. Blockage of the intestine
- 48. Paper holder
- 50. Lack of difficulty
- 51. Custard dessert
- 52. Rip
- 53. Ancient Peruvian
- 54. Poems
- 55. Connecting point





THIS WEEK'S EVENTS

Date	Time	Event Name	Location
9/30	3:30p	Yoga — FREE!	Fitness Center
9/30	4:00p	4th Annual Rugged Owl Event	Campus Green
10/01	9:30a	Family Day and Homecoming! — Buy your tax online! \$15—\$25	Woodward Center
10/01	11:00a	Soccer v. MA College of Liberal Arts	Alumni Field
10/01	2:00p	Football v. Plymouth State	Alumni Field
10/01	5:30p	Journey Through Communications: 35th Years of the Comm. Dept.	Ely TV Studio
10/02	11:00a	Run Stanley: St. Trail Run/Walk — Tix: \$15/students	Stanley Park
10/02	11:00a	Sunday Mass	Interfaith Center
10/02	7:00p	Rosh Hashana Evening Service	Interfaith Center
10/03	9:30p	Rosh Hashana Day Service	Interfaith Center
10/03	5:00p	Meditation Club	Interfaith Center
10/03	6:00p	The Global Connections Between Food & Global Warming	New Hall 141 B
10/04	2:00p	Washington Internship Interest Meeting	Owl's Nest
10/04	6:30p	Bible Study/Christian Fellowship	Interfaith Center
10/05	11:30p	At A Common Table	Interfaith Center
10/05	12:15p	Mindfulness-Based Stress Reduction Meditation	Interfaith Center
10/05	7:00p	Sacred Scripture Conversation & Reflection	Interfaith Center
10/06	7:00p	Newman Club	Interfaith Center

Lost and Found Ely 41 is Public Safety

For a complete list of events please go to www.westfield.ma.edu/studentactivities

and www.westfieldvoice.com. If you still have a question, please contact the author of this article or the author of the article.

Hours of Operation

Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.
Fri & Sat 7 a.m. to 9 p.m.

Ely Harvest
Mon-Fri 7 a.m. to 11 p.m.

The Perch
Sun - Thurs 9 p.m. to 1 a.m.
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts
Mon - Fri 7 a.m. to 11 p.m.
Sat & Sun 10 a.m. to 10 p.m.

Wilson Cafe
Mon - Thurs 8 a.m. to 8 p.m.
Fri 8 a.m. to 6 p.m.
Sat & Sun closed

Garden Cafe
Mon - Fri 8 a.m. to 2 p.m.
Sat & Sun Closed

TJ Bistro
Mon-Thurs 8 a.m.-12 a.m.
Fri 8 a.m.-1 a.m.
Sat 10 a.m.-1 a.m.
Sun 10 a.m.-12 a.m.

New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.
Sat - Sun 5 p.m. to 1 a.m.

Ely Library
Mon - Thurs 8 a.m. to 12 a.m.
Fri 8 a.m. to 5 p.m.
Sat 10 a.m. to 6 p.m.
Sun 1 p.m. to 12 a.m.

Ely Wellness Center
Mon - Thurs 6:30 am to 10:30 pm
Fri 6:30 a.m. to 7:30 p.m.
Sat 10 a.m. to 6 p.m.
Sun 12 noon to 10:30 p.m.

Bookstore
Mon & Thurs 9 a.m. to 5 p.m.
Tues & Wed 9 a.m. to 7 p.m.
Fri 9 a.m. to 4 p.m.
Sat 12 noon to 4 p.m.
Closed Sunday

The Westfield Voice's Office
Mon 6:30 p.m. to 9 p.m.
Tues 6:30 p.m. to 10 p.m.
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528

The Westfield Voice

FRIDAY, OCTOBER 7, 2016

westfieldvoice.com
@westfieldvoice

Nationwide clown hoax hits New England campuses



PHOTO FROM THE NEW YORK TIMES

Ryan Caulfield
SGA Correspondent

Trick-or-treating usually does not start until Halloween, especially with the basic tricking such as tee-peeing, egging, and leaving flaming brown bags on people's doors. It appears, however, that the tricking has already begun with a string of hoaxes across college campuses involving reports of violent clowns hunting students.

Everywhere from Florida State University to Pennsylvania State University, the

widespread clown hysteria has now reached New England universities. University of New Hampshire, University of Maine, University of Road Island, and University of Massachusetts Amherst are just a few of the fifteen local Universities that have been targeted on social media. The hoax has even reached high schools, causing many of them to close for the day.

Administrators are taking the hoaxes as serious threats. Merrimack College responded to a tweet that said there was a

clown with a riffle on campus, and the university evacuated students and advised them to seek shelter. Merrimack campus police and Massachusetts State Police found no evidence of a clown, and their investigation continues to find out who tweeted the information.

Westfield State University was spared from such hoaxes, but the increase of security from the surrounding campuses heightened campus police's hours on the night of Oct. 3. An email from Westfield State was sent the next day assuring stu-

dents that any reports of the clowns will be taken seriously.

"Although the reports are thought to be hoaxes, the reports prompt concerns for safety on campus," the email to students said.

In the e-mail, Westfield campus PD warned students to stay vigilant, not walk alone, lock residence hall room doors at night, and report any suspicious activity. Matthew Carlin, president of the Student Government Association, commented on the hoaxes and said that any false reports at West-

see CAULFIELD on page 21

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Student Government

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Futility of Arguments

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Emeritus

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A&E

Nostalgia on the Second Floor

Album Review

Sports

WSU vs PSU

Patriots

Red Sox

The objective student press of Westfield State University

VOLUME VIII, ISSUE II

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS

campus news & life

FRIDAY, OCTOBER 7, 2016

News from other schools

The Beacon

MERRIMACK COLLEGE

An e-mail, text, and phone call from Merrimack's RAVE Alert system advised students to shelter-in-place until further communication from the college. Students were evacuated from residence hall Monican Centre. Almost 30 minutes after put into place, the shelter-in-place was lifted and students were advised to go back to normal activity. Senior Nicole Monahan and her roommates were relieved to find out the incident was only a "sick joke."

The Berkeley Beacon

EMERSON COLLEGE

On Tuesday, the Student Government Association elected two new members and granted an appeal for funds that will enable Emertainment Monthly staff to attend New York Comic Con. The \$2,338.46 in allocated funds will cover the cost of transportation, lodging, and food costs for three seniors that Emertainment Monthly is planning to send to the big apple.

The Beacon

MASS COLLEGE OF LIBERAL ARTS

At a brisk 16 minutes, SGA had a low-key meeting on Monday following last week's open forum on the administration's plan to replace the Amsler Campus Center pool with a new, state of the art fitness center. During the short meeting, SGA discussed the rapidly upcoming Sam Gomez 5k – which takes place on Oct. 16. Student representatives were given two forms and told to approach faculty members in a last ditch effort to recruit a couple more participants in the 5k.

Larry Johnson gives Title IV speech at SGA Meeting

Ryan Caulfield

SGA Correspondent

On Tuesday Oct. 4, the Student Government Association opened the floor to Larry Johnson, Director of Non-Discrimination Compliance. He spoke to the senators about Title IV and other issues surrounding sexual violence on campus.

In addition to Johnson's speech, the senators received news that Owl Bucks will be a payment option for the Grab and Go service, and that Ely Harvest will add more options starting Oct. 10. Also, the lunch selections in the Dining Commons will be different on Oct. 14 from 11:30 a.m. to 12:30 p.m. due to President Ramon S. Torrecilha's Investiture Reception.

Advising and registration dates were also announced, along with a new event for seniors in Nov.

In Johnson's speech, he highlighted what he considered the main points of Title IV to be,



PHOTO TAKEN BY DELANEY GEMBS

and said that most students should comprehend the basics of Title IV after taking the mandatory Haven online course.

"Consent," Johnson stated, "is at the heart of the Title IV law."

Johnson said a person must have verbal consent before any physical contact is made.

Another point that

Johnson made was that the university must garner the assurance that if a report comes from a student, it will be taken seriously to the end.

"I want to extend this message to the community, that we are here to support you if anything of a sexual nature occurs that you did not want to happen," Johnson said.

The last point he

made was about the non-retaliation clause in Westfield State's and Title IV's policy. Johnson said that measures are in place if a person filing a report is afraid of what the accused might do after they file that report. The non-retaliation policy works when a report made in good faith is filed. Even if the underlying allegations are later found to not be a violation of college policy, the person filing the report is still entitled to protection.

"By virtue of the fact you are in this room, you are student leaders. You are in a position to change our culture," Johnson said.

Johnson also said that if someone notices something happening that looks to be out of line between two individuals, and where consent is clearly not going to be given, that that person should intervene. He said this also applies to racially insensitive jokes or comments being made.

•Andrew Tierno, see CAULFIELD on page 21

STCC, Westfield State University sign pact for nursing degree partnership

From news release

SPRINGFIELD, Mass. — An agreement between Springfield Technical Community College (STCC) and Westfield State University will forge a convenient and affordable path for STCC nursing graduates to earn their bachelor's degrees at the STCC campus.

In a ceremony today at STCC's Scibelli Hall, STCC President Dr. John B. Cook and Westfield State President Dr. Ramon S. Torrecilha officially signed the "articulation agreement" creating the STCC to Westfield State RN-to-BSN (bachelor of science in nursing) program.

Commissioner of Higher Education for Massachusetts Dr. Carlos E. Santiago was among the speakers at the signing ceremony.

Administrators from both institutions said they were thrilled about the opportunities the partnership provides.

Dr. Shelley Tinkham, interim dean of the Division of Graduate and Continuing Education at Westfield State, said the program offers flexibility for registered nurses who need 120 course credits to earn a bachelor's degree in nursing in order to advance in their careers.

"It's a win for us. It's a win for the community college and a win for the state," Tinkham said. "It's an example of what we can do when we collectively try to solve problems together and develop something that is student friendly. I'm very excited about this."

Added Christopher Scott, interim dean of STCC's School of Health and Patient Simulation: "We're truly ecstatic about this opportunity."

STCC Vice President of Academic Affairs Dr. Arlene Rodriguez said, "This is a magnificent agreement that will be an enormous benefit to our students. The forward thinking that brought this agreement into being is a credit to both STCC and WSU."

Westfield State University Interim Vice President of Academic Affairs Dr. Marsha Marotta said, "This is exactly the kind of program that



Westfield State University seeks to establish to fulfill our mission. This partnership is another opportunity for the university to put into action our values and commitment to accessible, affordable degrees. We look forward to even more opportunities with STCC in the future."

STCC and Westfield State have transfer agreements with other institutions, but this new partnership creates the first hybrid RN-to-BSN completion program between two public institutions in Western Massachusetts. A hybrid program combines online and on-campus teaching.

Under the agreement, STCC nursing graduates with their associate degrees can transfer up to 90 course credits into the BSN degree program at Westfield State. Instructors from Westfield will teach evening courses at STCC, but the majority of course work will be completed online.

The \$10,500 price tag for 30 course credits makes the RN-to-BSN program the most affordable pathway of its kind offered in the area, said administrators at both colleges. The affordability – coupled with the convenience of holding courses at STCC – represent a significant selling point for STCC nursing graduates who may have limited resources, they said.

"Students will take their courses here at STCC for their bachelor degree," Scott said. "This will give them time to get their feet under them financially and still achieve their goals, all while staying in a comfortable environment that helps them succeed."

The partnership between the two institutions offers greater flexibility to the growing number of "adult learners," or students who are typically the age of 25 or older, Tinkham said.

"These programs provide them with that flexibility, and the economy is demanding that these degrees are produced. We need to be responsive as institutions and do things differently and in creative ways," she said.

STCC nursing student Emily Swindelles, of Ellington, Conn., has always planned to pursue a bachelor's degree after graduating next May. But as a mother of three small children who works 30 hours a week, Swindelles said she needed a flexible and affordable program.

"I would have taken a year off just to make sure that I was financially capable of going back to school, but with the flexibility of this program, I think I will be able to manage both school and work and family," she said.

She cited the hybrid nature of the program as a major draw. The face-to-face classroom interaction is criti-

cal for Swindelles, but the flexibility of learning online is also important.

"I know some programs where it's multiple nights a week or it's all online, and this is kind of the best of both worlds," she said. "When I learned about this collaboration, I felt like it was the perfect match for me."

RN-to-BSN Program Addresses Workforce Development Shortage

The STCC-Westfield State nursing partnership comes on the heels of a state and national goal to increase the number of nurses with bachelor's degrees in the workforce. While registered nurses can be licensed with an associate degree, many health-care institutions are seeking to hire RNs with bachelor degrees to meet certain requirements.

"There's been a national call to action from the Institute of Medicine to bring our BSN workforce up to 80 percent by the year 2020," said Jessica Holden, a nursing instructor at Westfield State and Program Director of the RN-to-BSN program.

Holden said the goal in Massachusetts is to increase the number of BSN nurses from 55 percent in 2010 to 66 percent in 2020, and to reach the national goal of 80 percent by 2025. The Massachusetts Nursing and Allied Health Workforce Development Plan set these goals, which were implemented by the Massachusetts Action Coalition.

Lisa Fugiel, director of nursing at STCC who has been spearheading the effort at STCC to form the partnership, said the associate degree program at STCC represents an entry point into the profession. STCC has one of the largest and most competitive community college programs in the region, but administrators say it's critical for students to consider pursuing a bachelor's degree.

"We want them to continue on," Fugiel said. "This new program is affordable, and it's going to be in a location that they're already familiar with. It's an easier transition."

The STCC to Westfield RN-to-

see **RELEASE** on page 18

Week Two: A semester in Spain

Gabriella Di Fraia
Voice Contributor

Good news: I think that I'm officially over my jet lag, but I don't think I'm ever going to adjust to the Spanish schedule. It is like people here do not require sleep. There is always something to celebrate and stay out late for, but somehow they still manage to go to work in the morning.

I successfully completed my first week of classes consisting of International Business, Comparative Grammar, Spanish Literature, and Advanced Composition and Conversation. So far, everything is going smoothly. I am anxious to see how my Spanish improves by taking all of these courses in Spain. I still can't really believe that I'm here.

Last Monday we had the opportunity to take a walking tour of the city. Our tour guide explained to us all of the history—which has mostly been in the last 100 years—and showed us some of the most famous neighborhoods in the area.

Tuesday, we went to Tokyo. Well, not actually Tokyo; it's a nightclub. It was a lot of fun and much cheaper than the clubs at home. It was 2€ to get in and they give you a free drink.

When we left there, we went to get döner kabobs. What are these you may ask? Delicious! It's like a gyro, but



PHOTO BY CAMPUS SABIÓ.COM

better.

Thursday night, our group took a river cruise. We were able to listen to music and sightsee on the Guadalquivir River. Our captain brought us a bottle of champagne to pop off the boat and really encouraged us to get up, dance, and have a good time. After that, we went out for tapas and went to another baile.

Saturday was incredible! We left on a bus in the morning to head to Jerez de la Frontera in Cádiz to tour the Sandeman bodegas and taste sherry. I realized I do not like sherry, but the experience was really amazing. I find it interesting that sherry does not put a year on the bottle because they are constantly mixing old with new, so it is

impossible to tell how old it really is.

After the tasting, we were brought to a Roman ruins museum in Bolonia, which was surreal. The ruins were built overlooking what was voted the most beautiful beach in Spain. It was truly incredible. The museum was filled with statues and art, but when you go outside, there is a whole city of Roman artifacts. There is an amphitheater, columns, and lots of stairs. It was really spectacular.

After the tour, we spent the whole afternoon on that beautiful beach. When we got home, we were told that there was a celebration for the virgin statue. She was being carried from the cathedral back to her church. I do not know

much about the ceremony, but all of Seville was dressed up to watch the virgin get carried across the city. It was such a precious ceremony to be a part of.

Sunday will always be for homework. This time we did it in style. One of my friends invited a couple of us over to drink wine, do homework, and have a delicious dinner at her house. It was a really lovely end to such a busy week. After dinner, we met up with some friends and went to the feria de naciones to shop around. It was so great to see all of these nation's booths in one area for all people to explore.

Stay tuned to hear more about the semester of a lifetime!

Mambo from Tanzania!

Helena Rheault
Voice Contributor

Ernest Hemingway once said, "I never knew of a morning in Africa when I woke up that I was not happy." This statement holds true for me, as it has been about three weeks since I landed in this beautiful country to study wildlife management. I find myself more amazed by the colorful landscape, regal wildlife, and beautiful culture that I am surrounded by every day.

Life here is certainly an adjustment, but it offers the best kind of challenge both mentally and academically.

A typical week involves lectures in the classroom followed by fieldwork out in the community. This fieldwork ranges from interviewing local people, to learning about their hardships with access to natural resources, to going into Lake Manyara National Park to study baboon behavior.

Moyo Hill camp is a beautiful little oasis where we are lucky enough to be living, spending many hours of the day hanging out



PHOTO FROM EXPLORE.FIEDSTUDIES.ORG

in the sunshine.

Extra time at camp is often spent exploring Rhotia (the town we are living in), playing volleyball, watching movies on the porch, or playing soccer with the local guys.

We have all also taken to purchasing fabrics at the markets and taking them to the tailors in town to have custom made clothes! We also just had our first community service day, where many of us volunteered at a tree nursery helping with reforestation in

the area.

As early as it is in the program, I can already say with confidence that this will be the greatest experience of my life thus far.

Our trip to Lake Manyara National Park was probably the best day that I have had here so far. We zoomed around the park, our heads all popping out of our open-top Land Cruisers, trying to catch glimpses of wildlife while also repeatedly ducking for cover

from the thorny tree branches above us. Groups of elephants would cross the road with their babies frolicking closely behind.

They were right in front of us, only an arm's length away. The rest of the park was covered with giraffes, zebras, wildebeest, impala, baboons, blue monkeys, waterbuck, hippos, and so much more. Being able to not only see these animals in the wild, but also learn about their conservation, is just about the

coolest thing.

I know I am speaking for everyone at camp when I say that we are all excited for what the rest of the semester will bring.

We have much to look forward to, including a trip to Tarangire National Park, homestays, another expedition to the Serengeti, and our directed research projects.

I truly cannot wait for the rest of our adventure here in Tanzania!

from the voice vault

This article was published in the November 15, 2004 issue of The Voice.

iTunes & AIM, a campus-legal alternative to Kazaa!



"THE LEFT-HANDED
ELEPHANT"
BY DAVID PAGEAU
VOICE COLUMNIST

Guess what? It is now time for me to take a long-deserved break from politics considering all of us have had such a huge dosage of it over the past few weeks. Next to politics, one of my main hobbies is computers, and next to computers is music. So why not combine both? If you are computer literate at all, then many of you download and listen to music on computers on a regular basis, regardless of genre. Personally, I am far too elite for programs like Kazaa and other spyware ridden peer-to-peer programs. When I am at home I use a clean, invisible, reliable peer-to-peer program called "BitTorrent" that allows you to download entire albums of music, applications, games, and movies at astounding rates. However, this program is peer-to-peer so it is not permitted on campus, so

DO NOT use it and tell the IT guys that the left-handed elephant kid said it was okay. So while on campus it seems like we are stuck when it comes to listening to music without, GASP, spending money on it. I know, I can't bring myself to spend my cash on music either.

So where is the alternative you say? Well, here you go. Since I have an iPod, thanks to the generosity of my loving girlfriend, I also have iTunes, which is a free music program that you can download online. I hate Steve Jobs, Macintosh, Apple, I-anything, but I absolutely love iTunes for the simple fact that it is the best music program on the face of the planet. iTunes is easy to use, sorts your music for you, and best of all, you can share your music with anyone on the same network. That means that after a long night at The Voice, I can go back to my room, open up iTunes, and listen to music on someone else's computer. That, my friends, is awesome! But somehow, I am still not very impressed and if you are normal, you shouldn't be either ...

You know why? Because we are Americans! We are greedy, love breaking the rules, and want to own the entire world. As of right now I have the third largest collection of songs gigabyte-wise in Scanlon Hall and I want more! I want to be number one, even though I have heard that some kids have upwards of twenty gigabytes of music on their computers. iTunes doesn't allow you to directly download others music, obviously, so instead pouting college students have started to think outside of the box. Instead of labeling their music "Bob's Music" people are beginning to put their AOL Instant Messenger names in their stead. The reason? Because downloading through AIM direct connection is still legal on campus and EXTREMELY fast. Just today I transferred the *Requiem for a Dream* soundtrack to another Scanlon resident in ten seconds flat in exchange for an older Modest Mouse album I had been eyeballing in his library. That sounds like a good trade to me, and it was completely, 100% legal. Take that,

Westfield State College Technology Department!

My advice to the music lovers of the Westfield State College community would be to get your money's worth of your bogus five hundred dollar "technology fee" this school tacks on by getting at least five hundred dollars worth of music. Hey, it is only fair. So here is what you do: Go online to iTunes.com, download the program, add your music library no matter how large or small it is, make sure your iTunes folder is your screen name, and go nuts with sharing, the completely legal way.

I guess in a way this article was somewhat political, and in a strange way kept to the reason why I started writing this column. I mean it's all about sticking it to the man, i.e. the music companies, and Westfield State IT brass with their Nazi-like, anti-file sharing policies, isn't it? I guess it is also an excuse for this campus to be united by something other than baseball and lame riots. Or at least I hope so ...

This article and photo were published in the March 1, 1967 issue of The Campus Voice.

Varsity On Scoring Rampage Against Nichols

In a non-conference game the WSC basketball team romped to a record high 109-70 victory over Nichols College. Working effectively from both the outside and the inside, the Owl's played their best offensive game of the season.

Co-captain, Ron Knowe, directed most of the first half drive and his leadership enabled the O's to score easily. Whenever Nichols College coach Tim Cooney went to his man-to-man defense, the Owl's scored repeatedly on driving lay-ups or tap-ins. When Nichols went to its 2-1-2 zone defense, the O's outside shooters, Alex Popp, Ray Glynn, and Ed "Gunner" Matulewicz, quickly started shooting from twenty feet.

By half-time Westfield had

opened a 17 point lead. Once the second half opened, the determined Owls continued to pour in the points. Ray Glynn scored on two consecutive tap-ins and Alex Popp continued his shooting from all over the court. Freshman guards, Alex Borelli with 12 points, and Doug Tierney with 10 points, seemed to fit in well with the fastbreaking veteran Owls.

With about eight minutes left in the game, coach Cooney of Nichols, ordered his men to press the Owls. However, this only resulted in two fast break lay-ups by Alex Borelli.

Dan Donahue, Ray Glynn, who played his best game of the season, and Wayne Morse controlled the boards throughout the game and as a result

the Owls took 91 shots and made 44. In contrast, Nichols scored on only 22 of 70 shots.

Defensively, the O's played a creditable game as was

evidenced by Alex Popp's block of Tim Schaunessey's attempted jump-shot late in the first half. The Owl's defense was centered around

the 3-2 zone which applied constant pressure to the Nichols club.

For the Owl's, Alex Popp scored 31, Ray Glynn 25, and Dan Donahue 14, Alex Borelli and Doug Tierney hit double figures. Tim Schaunessey and Tom Innis hit double figures for Nichols.

The game was marred by an accident which saw Owl co-captain, Bob Farias taken to the hospital with an injured back. However, Bob only pulled a back muscle and no serious injury was incurred.

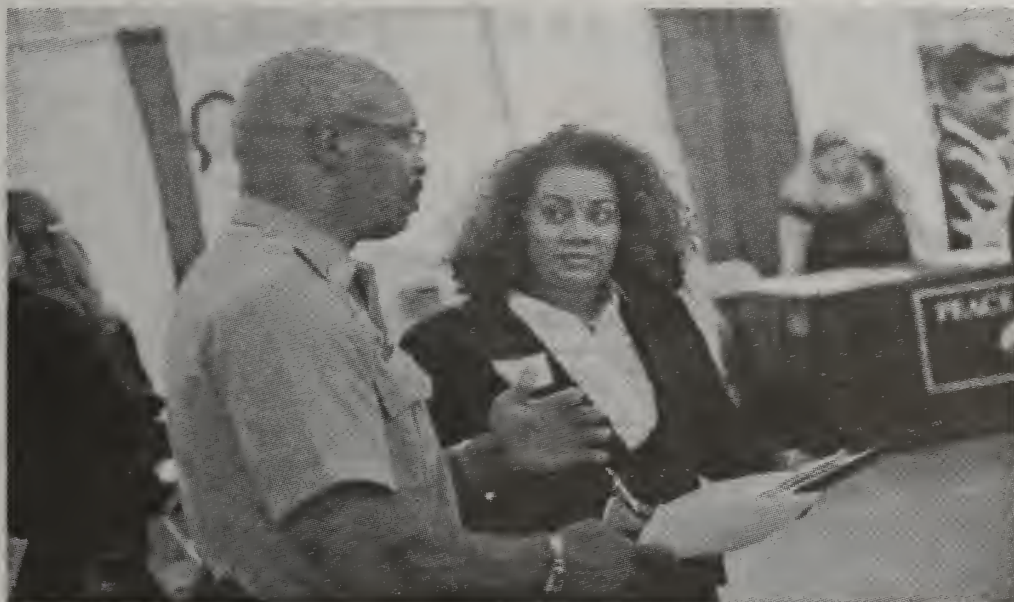
The Owl's broke three records in their phenomenal scoring spree. They scored the most points by an Owl team, (109) the most points scored in a half (56), and the most baskets from the floor (45).



Westfield Co-captain Bob Farias suffered a back injury during the game against Nichols College. Bob was "rushed" to Noble Hospital.

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opinions & editorials

FRIDAY, OCTOBER 7, 2016

The futility of arguments and thinking for yourself

Nathan Godard
Op-Ed Editor

Whenever I enter a conversation with someone regarding a sensitive or controversial issue, there are a few directions the conversation typically goes in.

Ideally, it will remain a discussion, one where there is discourse between two opposing beliefs or opinions, or discourse about the opinions of others in which we ourselves have found no allegiance. In doing this, those involved gain insight to the topics involved; new perspectives are gained by seeing a topic or issue from another's eyes.

This can be fulfilling and can result in a well-rounded outlook on the issue, seeing it as a more complicated enigma. Respect, kindness, and understanding of opposing viewpoints can also be found from this. At the same time, these attributes are required in order to have the discussion.

This is something that I find difficult to find in this day and age. Very often, people are not content in discourse, the kind in which both may benefit. So many people are



PHOTO PROVIDED BY NATHAN GODARD

more content arguing or debating, an aggressive form of dialogue for which I have no taste. I do not believe that anything positive can come from that form of speech.

Many assume that the point of discussion is to convince the opposing party of an ideal that compromises their core beliefs. Many that enter these arguments will not stop until they know that the other party knows that they are incorrect.

Now, I am not saying that

an individual should not be willing and able to defend their beliefs and their philosophies; however, to not even consider opposing viewpoints screams that the defender doubts his or her own viewpoints to begin with.

Oftentimes, when these arguments are about very controversial topics, it later devolves into mudslinging, name calling, and petty accusations. There is no respect for the opinions of others between parties, which is

something that I believe is of paramount importance in order for our generation to grow past the enormous disparities that face us as a society.

There is such polarization of ideas that many do not even allow themselves to consider other modes of thought. I cannot say what the culprit behind this mentality is exactly, other than human nature itself; however, I beseech the reader to consider opinions of a multitude of perspectives and make up your own mind.

Do not let a political party, the media, your friends, myself, or your family members make your mind up for you. Pool all of the information you can from all available perspectives, learn, and make your decisions based upon your own understanding.

This understanding must and will change as the years progress and as times change, but it is important that we allow ourselves to think for ourselves and not allow the opinions and discourse of others to extinguish our own sentient minds.

With this, it is important to consider the words of all those who may oppose the perspectives you hold.

A voice from the past: from one editor to another

Matt Castonguay
Editor Emeritus

At the beginning of the school year, I had the opportunity to return to my alma mater for a couple of nights. Despite being more than half a decade removed from my walk across the stage, I couldn't help but have all those old feelings rush back over me.

Sure, I was bit by the nostalgia bug--looking out at the dorms where I spent countless nights hanging out with friends; walking past the Black Box Theater where I spent hours on end preparing that semester's show with some of the most talented students on campus; heading up to The Voice office where I spent more time combined over my four years than in any other room on campus--but it was the overwhelming memories of dread, stress, and sleepless nights that hit me the most.

From 2008 to 2009, I served as Sports Editor of The Voice under Editors-in-Chief Colby Henderson and Jeff Dale. From 2009 to 2010, I served as co-Editor-in-Chief with Cait Penndorf. During those 18 or so months, the paper saw a growth and prosperity not seen since the Reagan administration. It prepared me for the world off campus more so than any class or extracurricular I participated in during my four years at WSU.

At the beginning of my final semester of college, I had five classes, a big part in a theater

production, a part-time job for 30 hours a week, commuted to and from campus, and committed close to 40 unpaid hours a week to The Voice. Don't think I was alone; Both Cait and our layout and design editor were usually buried in the office until ungodly hours of the night--and sometimes the next morning--trying to get a paper published for the following day.

Sadly, one of the first things I heard from faculty and students once I returned was disappointment in the production of The Voice. At first, I was discouraged by the disparaging remarks about the paper, but then I remembered all the flack that Cait and I took during the first few months of our tenure, as well as the lumps our predecessors took. And with that, I went and asked some questions.

Not so shockingly, I found out that for as much that's changed around campus since I departed in May of 2010, much had stayed the same. There are new buildings and routing around the building, still next to zero visitor parking spaces, and people are still taking shots at The Voice.

While I must admit that I haven't been in the office much during this semester and cannot speak to the particulars creating snarls in production this year, I can tell you firsthand that the editors of The Voice are some of the most underappreciated members of the student body. The lack of

understanding from students, and a select few members of faculty and staff, is borderline offensive.

I understand the concerns of those vocalizing their critiques of the paper, and I agree that misspelled words and poor grammar are unacceptable. But when you consider--seriously consider--what those who put this paper out deal with on a weekly basis, it's unfair to talk trash, fling snarky remarks, and generally complain about the paper without making suggestions on how to make it better.

Before you criticize the paper, I want all of you with an opinion but no solution to consider the following.

The paper is nearly 100 percent student run. That means each and every person on the staff is wrapped up in other school activities, classes, and jobs.

Speaking of jobs, Editor-in-Chief of The Voice is not a paid position. Neither are the tertiary editors, the writing staff, or any other staff member. These are student volunteers. Collecting work from people who have no real incentive to do so has to be one of the single largest exercises of futility in the world.

Imagine telling a class that they are all going to get A's, regardless of whether or not they do any of the work. Then, see if they turn in a single report.

A select few will. Most, however, will tell you what you want to hear and come up with

an excuse when you ask for the work. Others will just flat out refuse it.

Welcome to soliciting submissions for The Voice.

Lastly--and if you don't believe me, feel free to tour every nook and cranny of the campus--Westfield State University does not have a printing press on campus. All of the issues of The Voice are farmed out to publishers who print and deliver them for us. Sometimes, due to circumstances completely out of the Voice's staff members' control, the paper doesn't get published. Despite valiant efforts of those in charge, things just don't go as planned.

I remember coming to Westfield State as a freshman and being disappointed in the paper. I couldn't believe that it was so small, and that it came out so infrequently. After I learned more, I understood why. Editors of the paper had a vision for it since about 2007. In my opinion, this lifted The Voice to a level it hadn't seen since newspapers were part of the fabric of everyday life.

To the students who have nothing but negative things to say: I challenge you to write something for the paper. Give them your take, your opinion. Form an argument and offer a solution. I know Facebook and Twitter has us on the fast track to a world of anti-social internet trolls, but as I tell anyone who wants to whine and moan

see CASTONGUAY on page 22

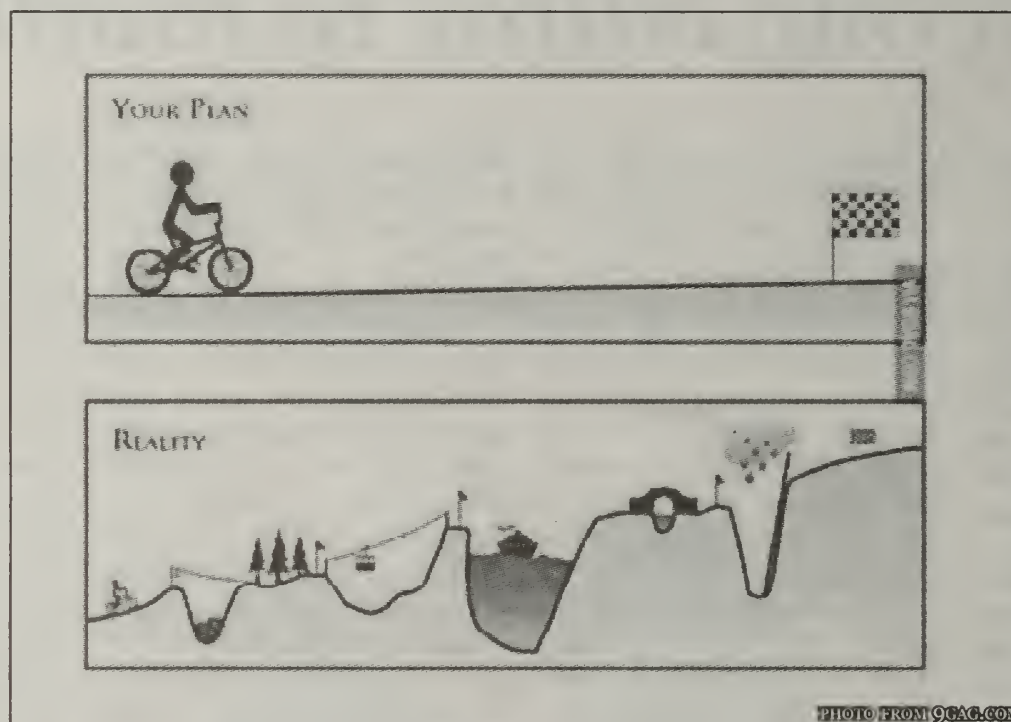
Be gentle with yourself

Sarah Rayner
Voice Contributor

College can be stressful. Among many other tenuous tasks, there are quick deadlines, a fast paced social environment, and tedious cramming for exams. With the enormous pressure that students are placed under each day, sometimes it is easy to forget that we are only human. In fact, it is often scarcely mentioned how difficult it really is to be in college full time. Even more rarely brought up is how common it is to make mistakes during this time, and how valuable of an experience minor detours can be at this age.

Personally, it took me a long time to realize this. As a staunch perfectionist, I am always apt to try and make sure everything in my life runs as smoothly as possible. As you may be able to guess, I learned pretty quickly that life seldom runs this way.

As a result, I would make myself a virtual punching bag. I would take every single obstacle out on myself. This, of course, was counter-



productive to the extreme, but I couldn't help it.

I first became mindful of how self-destructive I could be when I took Counseling Theories and Practice last semester. This was one of the many major concepts that I took away from this discussion-based course.

One class, we were discussing tips for our future endeavors such as graduate school options and our futures in the mental health field. The most memorable

part of this dialogue was when our professor told us to simply "be gentle with ourselves," and to "speak to ourselves how we would speak to a friend."

I've found myself bringing this piece of advice to the forefront of my memory quite frequently ever since because, most importantly, it reminds me that it's okay to be flawed and human, as we all are. Whenever things do not run so smoothly in my world, it's always tempting to be hard on

myself; however, one of the things that I do to cope with these situations is pretending that I am giving advice to a friend who is going through what I am going through.

Instead of getting on my own case about an awkward interaction, or an assignment that totally went over my head, I pause and speak to myself as if I were talking to one of my friends.

Instead of spending an insane amount of time ridiculing myself about how awkward or

unprofessional I was in a certain isolated incident, I realized that I would never speak to someone else the way I spoke to myself. If I would not treat someone else like that, why is it okay to treat myself this way? Answer: It's not.

The moral of this story is that accidents can and will happen. You will make mistakes. You might bomb an assignment. You might accidentally show up late to class. When things go awry, as they often will, be your own friend, despite how easy it is to become your own enemy.

Take a deep breath. You're human. This won't matter in a year, a week, a month. Maybe it won't even matter tomorrow. Think of how far you have come already. Think of how far your continued hard work will take you, regardless of if you hit a few bumps along the way.

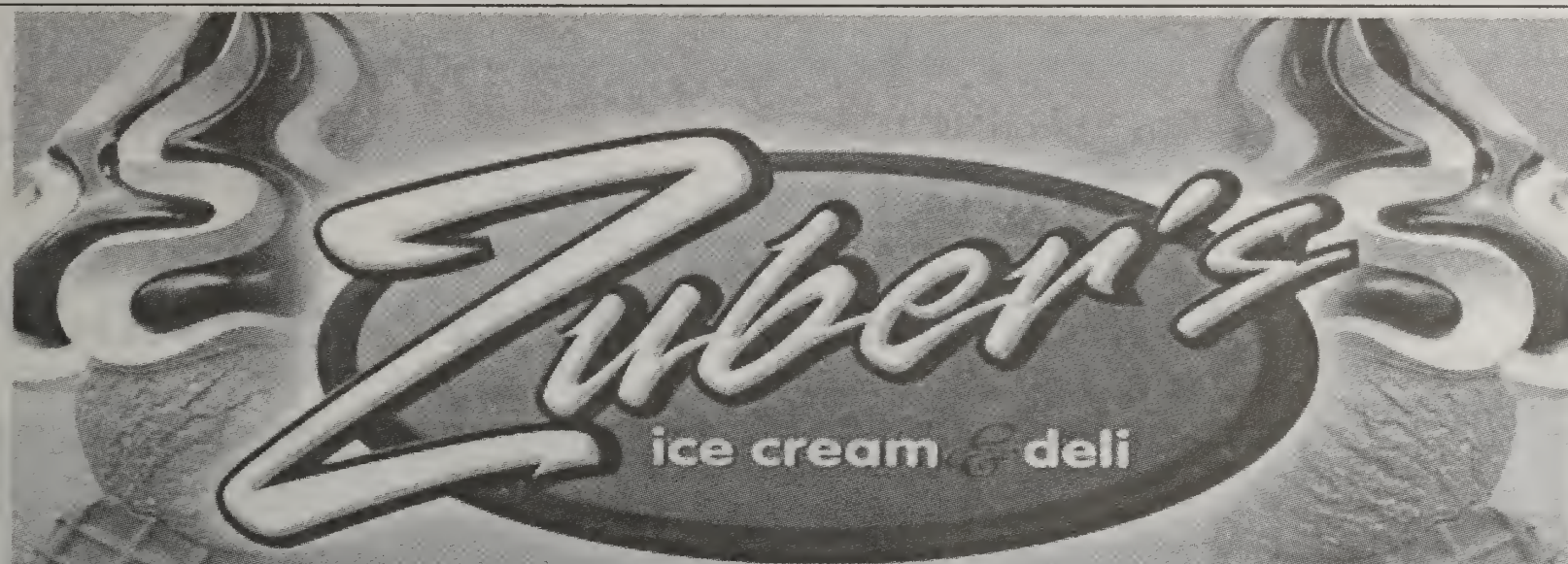
Most importantly, take my professor's advice and be gentle with yourself when you face obstacles in life.

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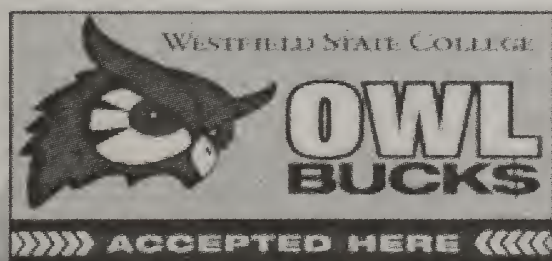
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arts & entertainment

FRIDAY, OCTOBER 7, 2016

as of Oct 4 - 28, 2016

Top 10 Singles

1. Closer – The Chainsmokers featuring Halsey
2. Heathens – twenty one pilots
3. Starboy - The Weekend Ft Daft Punk
4. Cold Water - Major Lazer Ft Justin Bieber & MO
5. Let Me Love You - DJ Snake Ft Justin Bieber
6. Treat You Better - Shawn Mendes
7. Cheap Thrills - Sia Ft. Sean Paul
8. Broccoli - D.R.A.M. Ft Lil Yachty
9. Don't Let Me Down- The Chainsmokers featuring Daya
10. This is What You Came For - Calvin Harris Ft. Rihanna

Top 5 Albums:

1. Illuminate - Shawn Mendes
2. Views- Drake
3. Suicide Squad: The Album
4. Farm Tour: Here's to the Farmer (EP)
5. Chapter and Verse - Bruce Springsteen

Top 10 Movies:

1. Miss Peregrine's Home for Peculiar Children
2. Deepwater Horizon
3. The Magnificent Seven
4. Storks
5. Sully
6. Masterminds
7. Queen of Katwe
8. Don't Breathe
9. Bridget Jones's Baby
10. Snowden

Nostalgia on the second floor

Sandra Mercer

Head Copy Editor

I started working at The Westfield Voice, Westfield State University's entirely student-run newspaper, in the spring of my freshman year. The office sits in the far corner of the third floor of Ely, adjacent to the communication department.

The stairs leading to the office are often compared to that of a certain mountain called Everest, and though my trek upstairs leads me to my small slice of newspaper heaven, my thoughts often drift beyond those of unedited articles and answering e-mails. My worried thoughts—ranging anywhere from deadlines to “did I even eat today?”—linger in my head as I begrudgingly walk up those flights nearly every day, my small piece of “exercise” amidst a packed schedule.

It hangs there inconspicuously; a seemingly mundane portrait of a waterscape, yet it holds so much more than that inside the careful brushstrokes. It contains no



PHOTO PROVIDED BY SANDRA MERCER

signature, no title, no mention of medium. A beautiful image, seemingly made of either oils or acrylics, depicts a vicious river scene.

The water is bright, almost crystal blue; the white foam of rushing water almost feels like it is splashing in your face. The sky's cerulean bliss mimics the water, making an exquisite symmetrical pair, light clouds almost fading into nothing.

And then the greens of the trees. It is almost as if the entire earth has been crammed into this image, the bright blues and striking greens and

flush of white seems eerily familiar to satellite images of our home planet. The rocks by the rushing water look jagged.

I can't help but presume that they are smooth underneath the waters, the powerful, consistent flow of water wearing their sharp edges down into a sleek, soft curve.

Because of these elements, and the beauty of the image as a whole, I make a point to glance at it when I walk up those treacherous stairs; I suddenly feeling a bit more willing to make that final stretch

to the third floor where my office awaits after pausing for a moment to enjoy the hanging waterscape.

I think one of the larger reasons why I enjoy this painting so much is because of the vague sense of nostalgia I feel as I look at it each day, this nostalgic feeling washing over me when I pass by it on my adventure to the office paralleling that of the water washing over those jagged rocks. Trips to New Hampshire have been commonplace since before I was even born.

see **MERCER** on page 22

Vacancy Album Review

David Tauscher
Voice Contributor

Hey, Westfield. My name is Dave, and I am here to tell you about some of the music I have been listening to lately that I think you should check out! Today we are going to be looking at the latest release by the alternative/pop punk band Bayside.

In August 2016, Bayside dropped their latest album "Vacancy" on Hopeless Records. While I am not the biggest Bayside fan out there, I do enjoy their music a lot. I was anticipating this release more than I thought I'd be.

The album opens with the song "Two Letters," a song expressing vocalist Anthony Raneri's feelings toward his ex wife.

Really, it is more his uncertainty about what to call her now that they are separated and he has to refer to

their relationship in the past tense. A lyric that stands out to me in this song is, "Ex sounds dirty I can't say it/sounds so final and I'm still prayin'/for the worst for the better/we're nothing now we're just two letters." While the song has a pretty

melancholy vibe to it, I say it's a pretty great tune with a great guitar part and catchy chorus!

The rest of the album has a pretty similar feel. A lot of it is reflection on decisions, past relationships, and current situations Raneri finds

himself in. For example, in the song "Enemy Lines" he states that he is a "yank in southern battlefields." Even more obviously, on one of my favorite tracks, "Maybe, Tennessee," Raneri says "so call the coast and tell them I'll be back someday/this is my home now, empty and full of ghosts somehow."

What also made a positive impression on me was the album art. It is just a barren vacant hotel, the one Anthony Raneri was staying in while writing the record and going through his divorce. It really puts more meaning to the term vacant.

Overall this album is very good! I enjoyed it a lot more than their last release, "Cult." To me, "Vacancy" sounds more like Bayside's "Shutter." That was the album that introduced me to their sound and style of pop punk.

Vacancy gets two thumbs up from me!



Do you listen to music?

Of course you do!

You should write album and song reviews for The Westfield Voice!

Contact thevoice@westfield.ma.edu if you are interested.

gail's guidance

Dear Gail,

I am afraid to leave my apartment because of the clown sightings in the news. If I bump into one, what do I do?

-The Coulrophobic

Dear Coulrophobic,

I, myself also have a deep fear for clowns. Childhood birthday parties were a rough time for me. Sadly, you probably won't have the time to go out and receive a black belt in Tae-Kwon-Do, but there are some other techniques to help protect yourself. For instance, you can find pepper spray for only \$10 on Amazon and you can even choose a fun color for it. Walking with a buddy is something I recommend, preferably someone slower than you so you can outrun them if the clown shows up. Just kidding. Campus security is also working extremely hard to look out for student's safety. My biggest advice to you is to continue living your regular day to day life. You can't stop your world from a little paranoia. Go out and enjoy the fresh air, hangout with friends and avoid crime shows for a while.

Ya girl Gail

Women in Business Club

First interest meeting to recruit new members and officers, discuss future events, off campus trips, fundraising, and meeting schedule. Come with ideas! Also come have some snacks!!!

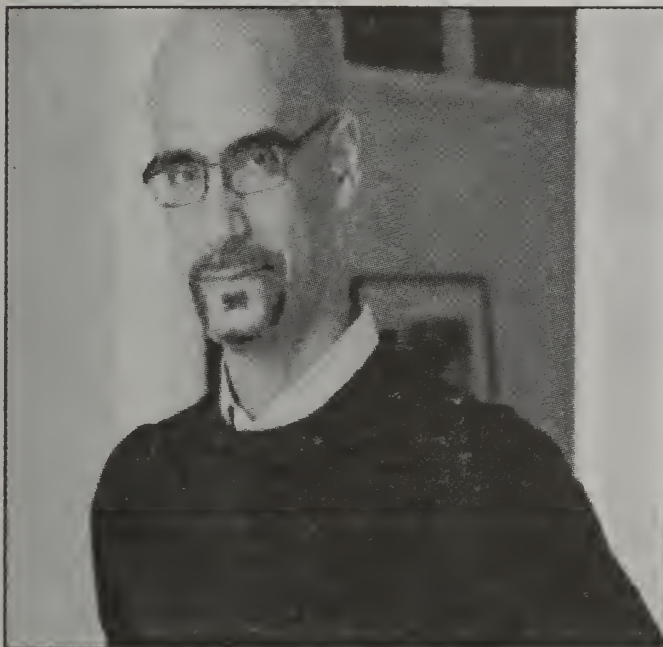
Thursday, October 13th at 4:30
Wilson Hall Room 401

The Women in Business Club it's going to be composed of dedicated students who share a passion for building the fundamentals needed to excel in the corporate world. Through engaging panels, cutting-edge conferences, friendly social gatherings and kind-hearted philanthropic initiatives, each member is enriched with the experience of a lifetime! WIBC strives for empowerment, education, and excellence in becoming sophisticated professionals of the future.

The club will allow for students to engage in discussion via Facebook with other students of similar interests.

Join us on Facebook at Women in Business at Westfield State University. Any Questions please feel free to contact Carmen L Marquez at 413-572-5590.

What's Going On Westfield State? Race, Immigration, and the Politics of Fear in the U.S.



**Tuesday, October 11
6:30-8:00pm
Scanlon Banquet Hall**

Junot Díaz is a Dominican immigrant, Pulitzer Prize-winning author, and creative writing professor at MIT, who will address issues of race and immigration in education, politics, and literature.

This is the fourth event in the "What's Going on WSU?" series spearheaded through interdisciplinary efforts of faculty, staff, and students. This event aims to energize complex dialogue about race and intersectional oppressions in local and global communities.

Organizers:

Andrew Habana Hafner, Education
Sophia Sarigianides, English

Sponsors:

Guest Lecture Series Fund, Education Department, English Department, World Language Studies Department, Residential Life, Student Affairs, Diversity & Inclusion

The Westfield Voice

The objective student press of Westfield State University

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Ely Campus Center, room 305
577 Western Avenue - Westfield, Massachusetts 01086
413-572-5431 office

General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to

write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a \$16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

Do you like to write?

Do you like to edit?

Do you like to take photos? Selfies possibly?

Do you like to socialize with people?

Are you human?

If the answer was yes to any of these questions, you should write, edit or take pictures for us!

*We are looking for a photography editor. If you are interested,
contact thevoice@westfield.ma.edu!*

The Investiture of Dr. Ramon S. Torrecilha, the 20th President of Westfield State University

Delivering on the Westfield State Promise

Investiture Ceremony is set for Friday, Oct. 14 at 10 a.m.

Information for Investiture Ceremony Procession Participants

All procession participants should arrive in the designated robing area no later than 9:00 a.m.

Robing Locations are as follows:

Parenzo Hall Gym - Faculty, Staff and Delegates

Parenzo Hall Rm. 215 - Platform Party

Schedule of Events

October 13, 2016

An Evening of Music:

The Presidential Investiture Concert

7-8 p.m.

Dever Stage

Champagne Toast & Dessert Reception

8-9 p.m.

Parenzo Lobby

Following concert

October 14, 2016

Investiture Ceremony

10-11:30 a.m.

Dever Stage

(Live streaming of the ceremony will be available)

Investiture Reception

11:30 a.m.-12:30 p.m.

Dining Commons

Following Investiture Ceremony

YOU GET CONSENT. IT'S WHAT YOU DO.

79%

of Westfield
students agree
that explicit
verbal consent

is the best way to make sure a
person is okay with sexual activity

You *always* have a choice to: **GIVE AND GET CLEAR,
ENTHUSIASTIC, AFFIRMATIVE, ACTIVE CONSENT.**

Westfield
STATE UNIVERSITY

owls athletics

FRIDAY, OCTOBER 7, 2016

Westfield survives in OT thriller

Tim Jaroche

Sports Editor

On a gloomy Saturday with consistent drizzling, Westfield (1-2) took the field against Plymouth State (4-0) to top off the homecoming weekend festivities.

Westfield wasn't the favorite heading into this game, but their defense would keep them alive, holding Plymouth to nine first downs and forcing three fumbles throughout the game.

After a scoreless first quarter, which included an interception and a fumble by Westfield, things heated up in the second quarter. On fourth and 17 punting from their own 28, Owls punter John Ollari lined up to boot it into Plymouth territory, but was blocked by Plymouth state defenders. The ball was picked up by Plymouth's Prince Gbaley in the end zone for the first score of the day. Plymouth connected on the extra point to open the lead to 7-0.

The third quarter of this game saw every drive end in a punt. Heading into the fourth quarter only down a score, with backup Quarterback Phil Cohen at the helm, the



Owls would muster up some mojo to get a score and tie things up.

On third and three from midfield, Cohen scrambled in the backfield, was hit, and fumbled five yards from the line of scrimmage. In an effort to rally his team, Cohen managed to find the ball, pick it up, and find a lane to run for 11 yards, giving Westfield a pivotal first down.

On second down, Cohen found leading receiver Evan Garvey for a 52 yard score to tie the game at 7 after a suc-

cessful extra-point kick by freshman kicker, Norman Carroll. With one minute to go from the nine yard line, Carroll set up for a possible game clinching field goal.

The 26 yard field goal missed wide right, leading to a final possession for Plymouth before the game would head to overtime.

To start the overtime period, Plymouth State began the drive at their own 25 yard line. A 61 yard pass play put the Panthers on Westfield's 14 yard line, setting them

up in scoring position. An eight yard completion and a pass interference call on the following play put Plymouth on Westfield's two yard line.

After a loss of a yard, Plymouth cracked into the end zone with a run up the middle. The score now 13-7, Plymouth couldn't connect on the extra point and the score would remain 13-7, giving Westfield the ball.

From Plymouth's 25 yard line, the Owls moved the ball quickly to the 15 yard line with help from a catch by

Travon Holder. On the same play, a roughing the passer penalty was called, moving them to the seven. Holder rushed to the one yard line, leading to a Cohen plunge up the middle for a game tying score. To put the game away, Norman Carroll set up and nailed the extra point through the uprights for the win.

Westfield is now 2-2 overall and 1-1 in conference play. Their next game is a conference game at Framingham State this Saturday at 12 pm."

The Patriots have become Brady's Bunch once again

Kyle Finnamore

Voice Contributor

On Sunday, the New England Patriots suffered their first loss of the 2016 NFL season. The loss came at the hands of the Buffalo Bills, a team the Patriots had only lost to once before within the confines of Gillette Stadium. Not only did the Patriots lose, but also they were shutout 16-0.

It was the first time New England was shutout on their home field since 1993, when Bill Belichick was coaching for the Cleveland Browns and Drew Bledsoe was the rookie quarterback for the Patriots.

While the Patriots put forth one of their worst performances under Bill Belichick, not all is bad in New England. The Patriots still find themselves at 3-1 and atop the AFC East division. The season is now perfectly set up for the return of the Patriots' fran-

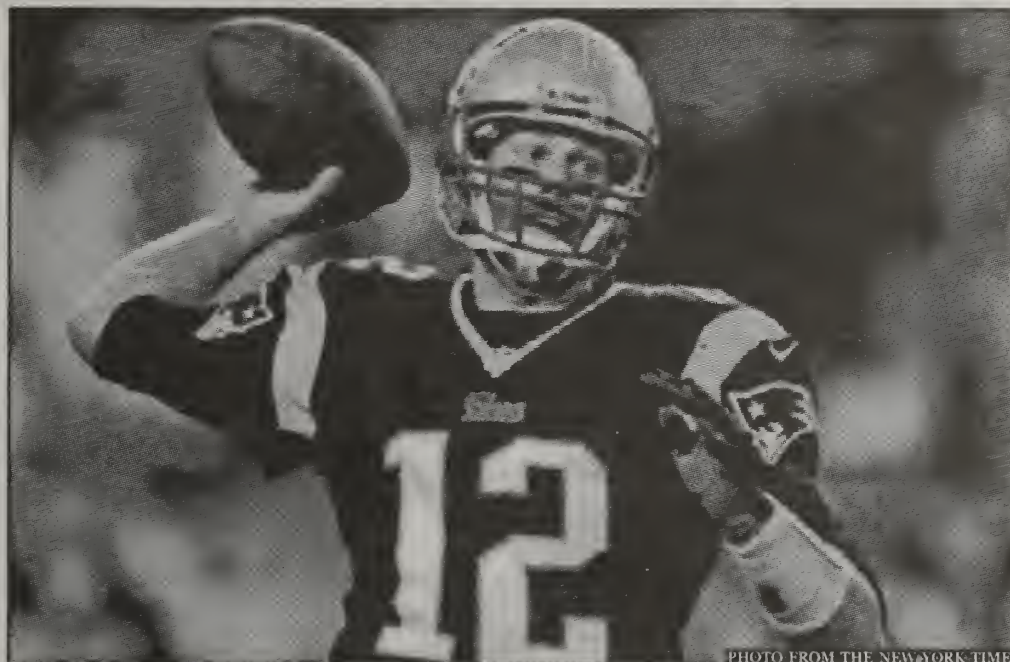


PHOTO FROM THE NEW YORK TIMES

chise quarterback, Tom Brady.

Brady will suit up for the first time this Sunday on the road against the Cleveland Browns. Brady will be able to give the team the boost they need following a brutal loss. There is

no doubt that Brady will be fully prepared and fired up after the deflategate scandal took him away for the first four games of the season.

With Tom Brady under center, the Patriots' level of play always goes up a

bunch of notches. Expect the Patriots' offense to run smoother than we have seen this season. Many people believe that it may take a couple of games for Brady and the Patriots' offense to get back up to full speed, but the evidence suggests

that Brady has been working extremely hard on his own. He was seen in Brookline, Massachusetts throwing passes and working out during New England's game against Buffalo.

With Brady in peak form, and the team healthy for the most part, it is not surprising that the Patriots are the heavy favorite this Sunday in Cleveland. The Browns are winless in 2016 and in the basement of the AFC North division, a familiar sight for Cleveland fans. If the mood of head coach Bill Belichick is any indicator, he will most likely have his squad fully focused and prepared.

It is rare for the Patriots to lose two games in a row, and it is unlikely that fact will change this weekend. Expect Brady and the Patriots to roll to an easy victory and move to 4-1 on the season heading into Week 6.

Red Sox postseason push

Michael Witts

Voice Contributor

Ever since the Red Sox won the World Series in 2013, they have finished in last place in the division every year. This year, they are finally back on top in David Ortiz's final season.

At the age of 40, Big Papi has put together the most memorable season in all of sports, with 38 homeruns, 127 RBI's, and batting .315. Those are MVP caliber numbers, but unfortunately that's a pretty tough award to win for a designated hitter.

Although Big Papi may not win the MVP, Mookie Betts is at the top of the discussion to win the award. At the young age of 23, Mookie has star potential. Not only could he win the MVP, but also the Red Sox could have the Cy Young winner as well.

Rick Porcello has gone 22-4 after a horrific season last year. He is the leading force of the Red Sox pitching staff, which has turned it on in the second half of the season. Porcello will get the ball in game one this Thursday night over David Price.

The Red Sox ended the 2016 season almost exactly how you would want to heading into the playoffs. No one knew who was going to win the AL East until the Red Sox went surging into first place after an 11-game winning streak to separate them from Toronto and Baltimore. The Red Sox were playing their best baseball of the season right when they needed too. The last six games weren't as terrific as the 11 before, but they still managed to win the division. I am confident they can bounce back from that little six-game

skid with Porcello throwing game one, who has been absolutely dominant all season.

As well as the pitching staff has been doing, the Red Sox offense has been a juggernaut all season long. If they can continue what they have done all season, the Red Sox should make for a real tough opponent this October. With it being David Ortiz's final season, it could make for something special to watch.

The Red Sox will face off in the ALDS against the Cleveland Indians, who are led by former

Red Sox manager Terry Francona. Unfortunately for the Red Sox, the Indians barely edged them out in the standings for home field advantage. So, even if the Red Sox do make it all the way to the World Series, there won't be too many games in Boston. If the Red Sox were to make it all the way to the World Series, however, they would have home field advantage because the American League won the All-Star game, therefore giving the American League team home field in the World Series.

Are we there yet? Ben Simmons saga sets sixers rebuild back yet again

Devin Bates
Voice Reporter

For the past five years, being a fan of the Philadelphia 76ers has felt a lot like being stuck in traffic on I-95 on the way to Six Flags. The end of the journey holds so much promise. A young core with so much potential, yet injuries, stubborn European teams, and overprotective agents have set the project back to a slow, crawling pace.

Once again, the Sixers have been met with a most unfortunate circumstance: Ben Simmons has undergone surgery to repair a Jones fracture in his right foot. The injury is particularly hard to swallow, as it occurred just before the start of preseason.

Furthermore, there are now rumors circulating that Simmons' agent Rich Paul wants to keep him off the court for the entire 2016-17 season. This would be a huge loss for a team that was expected to finally take a leap forward in their rebuilding process.

The bulk of the 76ers rebuild began back in 2013 when the Sixers acquired Nerlens Noel and a 2014 first-round pick for Jrue Holiday and Pierre Jackson. Noel's 2013-14 season was the first of many disappointments in the 76ers rebuild; he missed the entire year recovering from knee surgery.



In the 2014 draft, the 76ers took Joel Embiid, a seven-footer out of Kansas. Since then, he's sat on the bench eating onion rings, and hasn't seen any game action whatsoever. Supposedly, he's fully healthy and ready to play this year, but I won't believe it until I see it.

Perhaps the worst thing about Embiid, however, is that just because he is now fully healthy, doesn't mean he's going to be any good. This guy has very little basketball experience, and early reports from 76ers scrimmages indicate that he appears rusty.

Just because a guy is seven feet tall and played well in college doesn't mean he can play in the NBA. Heck, Greg Oden got cut by the Jiangsu Dragons of the Chinese Basketball Association earlier this year.

In that same draft, the

Sixers traded for another rookie, Dario Saric, who has yet to see an NBA Court. Another big man, Saric stands at 6'10" and comes to Philadelphia from Turkey. Because of the aforementioned Simmons injury, Saric could be in line for big minutes in the first half of the season.

It's difficult to project the impact Saric can have in the NBA, but the silver lining is that he isn't coming off two years of inactivity like Embiid. Rather, Saric has been waiting for this moment for several years now, and with the Simmons injury, Brett Brown will really be able to get a good look at the young prospect.

Then there's Jahlil Okafor. Heading into the 2015-16 season, Okafor seemed like the Sixers' savior. As the season progressed, it seemed as though Okafor regressed

and began to blend in with the other flawed young prospects on the 76ers roster. Heaping onto the other concerns about Okafor, it's almost impossible to bring his name up without trade talks. One has to wonder: How long he will even be playing in a Sixers' uniform?

Finally, there's Ben Simmons. Coming into the league with comparisons to none other than King James himself, Simmons was going to be the butane that finally ignited the Sixers. Nope. While the possibility of that still exists for the future, the injury, surgery, and agent rumors have delayed Philly's ray of hope yet another year.

The onslaught of setbacks suffered by all of these players highlight a fatal flaw in the 76ers' rebuilding plan: Are we even sure any of these

guys are good? It's one thing to trade for Al Horford or DeMarcus Cousins; those are known commodities. But the 76ers are banking their entire future on players that haven't even proven they can make an NBA roster, and there is no veteran presence to man the ship among the turbulent tides.

Andre Igoudala? Gone--with a ring, by the way. Jrue Holiday? Traded to the Pelicans for the confusing and occasionally underwhelming Nerlens Noel. Even Michael-Carter Williams, a player who would be considered a young guy on most NBA rosters, could've been valuable leadership through the 76ers' horrific 2014-15 and 15-16 seasons.

While other rebuilding teams like the Celtics solidified their roster with veteran players while building a young core, the 76ers let Sam Hinkie perform the NBA version of Honey, I Shrunk the Kids and systematically screw everything up year after year.

As a 76ers fan, I will watch the beginning of this season hoping--no, pleading--that Joel Embiid and Dario Saric somehow become the great players they were prognosticated to be, while also knowing in the back of my head that we're in for another year of "next year."

Lansdowne representative, asked Johnson if people are ever falsely accused. Johnson answered that nationally, only five percent of reports are found to be false, and that the investigators always makes sure that the person is reporting in good faith.

from CAULFIELD on page 1

field will be treated as if someone falsely yelled, "fire," in a crowded theater.

"Campus Police and Student Conduct will due diligence on false reports that try to cause paranoia across campus," Carlin said.

At least seven people have been arrested and face felony charges just from reporting fake “clown-related activity,” according to Time Magazine.

Many towns and campuses' have had their hands tied with these reports before Oct. 3. Since 2014, clowns have been re-

said that they want to receive their news from e-mail; however, there were also some who voiced support for more news and announcements on social media, even suggesting a Facebook page.

Andrew Manchino, chair of the food committee, announced that the Grab and Go program at The Perc will allow students to use Owl Bucks in addition to meal swipes. Manchino also said that Grab and Go will be limiting their meal swipe exchange to only one swipe a day per student. For entrée selections, Grab and Go will have sushi, pizza, and different sandwiches. It will start sometime between Oct. 6 and Oct. 10. Manchino also an-

nounced that Ely Harvest will have soups and sandwiches available on Oct. 10.

Lunch in the Dining Commons will not have the standard foods on Oct. 14 due to the Investiture Reception. Manchino said that students can still swipe into the DC at 11:30 a.m. like they normally do. Finally, he announced that a late night promotional event in the DC will be sometime in the first week of November.

Jacob Lotter, vice president of academic life, announced the registration dates for students. The dates are as follows: Banacos and honors students register on Oct.26; seniors register on Oct. 28; student athletes register on

Nov. 7; juniors register on Nov. 4; sophomores register on Nov. 14; and first year students register on Nov. 21.

Andrew Morin, president of the class of 2017, announced that on Nov. 18 from 10 p.m. to midnight, there will be late night pancakes and karaoke in the Owls Nest. The event costs \$1 and is for seniors only.

At the end of the meeting, the SGA went into executive session to discuss new business.

The next meeting of the Student Government Association will be on Oct. 11, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

from RELEASE on page 5

BSN program will allow students to transfer up to 90 course credits from STCC to Westfield State University. Students will need to complete the last 30 credits for their bachelor's degree, for a total of 120 credits.

To help keep students' costs down and avoid taking non-transferrable courses, STCC and WSU developed a "curriculum map" for students. The guide shows them what courses they need to take to meet all the requirements for a bachelor's degree. As students enter the program, advisors tell them which courses they need to create a streamlined, efficient pathway to a degree.

The nursing programs at STCC and Westfield State are both accredited. The baccalaureate degree in nursing at Westfield State is accredited by the Commission on Collegiate Nursing Education (CCNE). STCC's associate

in science degree in nursing is accredited by Accrediting Commission for Education in Nursing, Inc. (ACEN®).

About Springfield Technical Community College

Founded in 1967 and located on 35 acres of the Springfield Armory National Historic Site, STCC is a major resource for the economic vitality of Western Massachusetts.

As the only technical community college in Massachusetts, STCC, an Achieving the Dream Leader College, offers a variety of career programs unequalled in the state. STCC's highly regarded transfer programs in business, engineering, liberal arts, science and technology continue to provide the most economical options for students pursuing a four-year degree.

With an annual enrollment of more than 8,700 day, evening, weekend and online students, STCC is a vibrant campus rich in diversity.

Do you write
papers and es-
says
for class?

Do you write
in any form?

Are your open letters just not open enough?

Then you
should write
for The
Westfield
Voice!

~~~~~



from CASTONGUAY on  
page 9

about things they're not willing to fix, it's only a problem if you have a solution.

If you think you can contribute something to the community, then do so. If you don't, then you have no place to tell others how to do their job.

While part of me hates to sit down and write this letter to the editor, I feel it's my duty to do so. And in keeping with my theme, here's my solution: If you want to see the paper flourish and be the point of pride it once was, compensate those who put it together. Quality takes focus, energy, and time.

When your paper's leaders are spread thinner than vegan butter, and are trying to make ends meet while fulfilling all of their other requirements, quality can suffer.

It's not the fault of the editors or the writers, it's the fault of those with lofty expectations and no solutions.

from MERCER on page 12

The trek into the White Mountains exhilarating, my belly filled to the brim with anxious excitement. As my ears popped in the backseat, I knew this meant we were getting close, the altitude of the mountains reminding me we were nearer to my second home.

The painting reminds me of the rivers we swam in on the side of the highway, the waterfalls large and rushing, my water shoes giving me not quite enough traction to stay on my feet at all times. These weeklong summer trips to the mountains felt like decades, the trees dancing on the water-tops in the still water where my sister sat splashing endlessly in toddler bliss.

The mystery of the painting almost feeds into this nostalgia: it is left up to the viewer to interpret, for them to reminisce on their own memories. I wonder if it's a conscious choice, to leave it so mysterious and gain the viewer's full attention without bias.

Is this a ploy to get us to enjoy the work for what it is, rather than for who has painted it or what it is called? Or is it merely an over-

sight, the plaque somewhere in the depths of a closet in Ely left to collect dust because of the carelessness of an unknown staff member? Whether choice or oversight, the painting remains an anomaly nonetheless, solely left up to the viewer's interpretation, left up to their own nostalgia to invade.

Nostalgia, though universally experienced, can be experienced in a number of ways. This is especially true when nostalgia is experienced through art. Take Norman Rockwell's artwork, for example.

Rockwell's depictions of idealistic families in small-town America brought him to the height of his career, making him one of the most famous realism artists in history. From his muted colors to the rustic stylings of his characters, Rockwell's paintings bring forth strong nationalistic vibes. In contrast, though Andy Warhol's pop art pulls on our nostalgia-filled heartstrings, his artwork shows a different side to this bittersweet feeling.

The bold colors and prints of Warhol's creative pieces show classic favorites of the era. His subjects range from Campbell's

soup cans and Coca-Cola bottles to Marilyn Monroe and Audrey Hepburn.

These subjects were iconic celebrities and staple food items of the times, the repetition of several of these subjects a pointed choice for his viewers. While Rockwell focuses on the more calm, feel-good parts of nostalgia—ones that make us want to call our parents more often and play catch with grandpa in the front yard—Warhol's work gives us a more excited feeling of nostalgia, an vitality through which we can't help but throw on a Michael Jackson classic and heat up a can of chicken noodle on the stovetop.

This painting—my little stopping point on the second floor—though seemingly simplistic and generic at first glance, caught my eye even on that first day of newspaper work. It is almost as if this painting could be a depiction of any location in the world, as if each individual viewer sees something different as they stand before it.

Though the generic look of this painting drew me in with its ability to bring back memories from my childhood, this may not be the case for oth-

er viewers. Could it be too risky of a choice by this artist to paint such a simplistic piece? Does this make it easier, somehow, for potential viewers to walk by without so much as a passing glance?

Though successful in its portrayal of a nostalgic scene for me personally, this sense of nostalgia may not always carry over to others who pass by. If this painting could be anywhere, couldn't it also be nowhere?

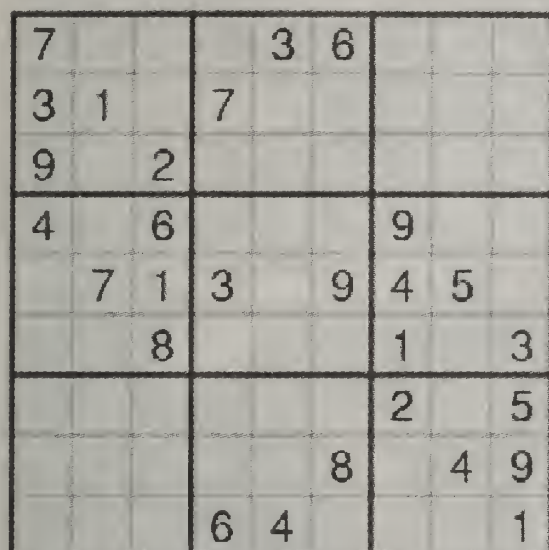
What we think of when we view art, as we stare deeply into its elements, is what truly enhances our viewing.

If we merely look at art and find no deeper meaning, or make no connections, or ask no questions, what is the point? This particular painting, with so many unknowns, allows the viewer—myself in particular—to create their own opinions of the piece sans bias.

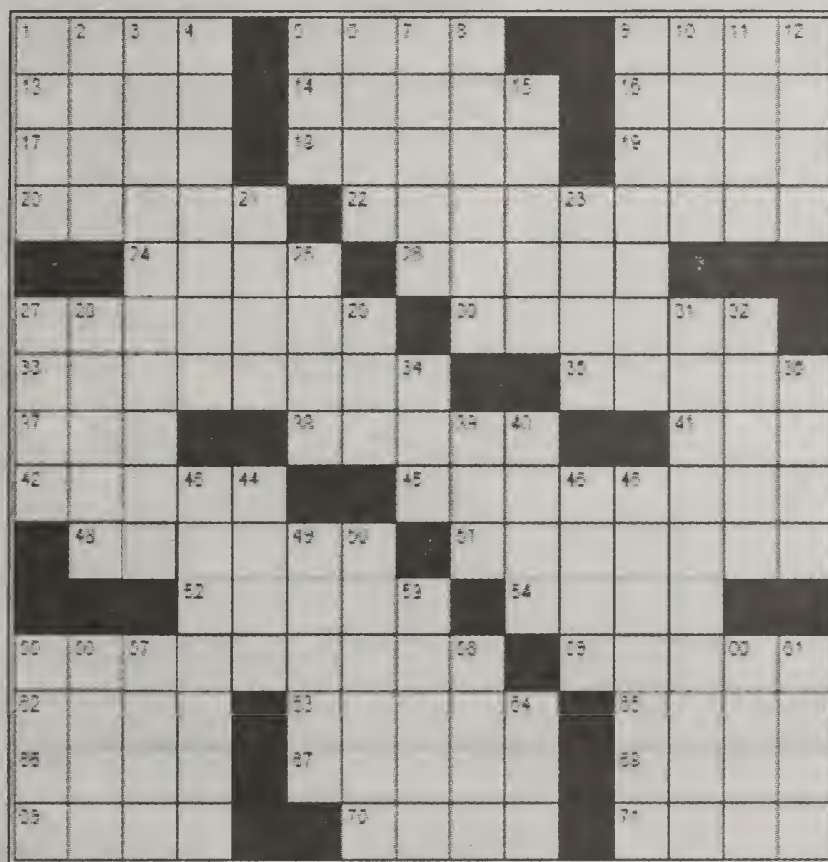
It allows the viewer to reminisce on their own experiences with nature, their own childhood experiences, their own feelings of wonder stemmed from rushing waters and forests of green.

Ultimately, when viewing art, it comes down to one question: If I'm not thinking, why am I looking at all?





# Games & Leisure Maze



## Geometry

R A D I U S E Q U I L A T E R A L E P V  
E C A F S A R O G A H T Y P T P H L A C  
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CONE  
CONGRUENT  
COORDINATES  
CYLINDER  
DIAMETER  
EQUATION  
EQUILANGULAR  
EQUILATERAL  
FACE  
FORMULA  
HEIGHT  
HYPOTENUSE  
INTERSECT  
ISOSCELES  
LEGS  
MIDPOINT  
OBTUSE

PARALLELOGRAM  
PERIMETER  
PERPENDICULAR  
POLYGON  
POLYHEDRON  
PYRAMID  
PYTHAGORAS  
QUADRILATERAL  
RADIUS  
RHOMBUS  
SCALENE  
SECANT  
SEGMENT  
SIDE  
SLANT  
SLOPE  
SOLIDS  
SPHERE  
SQUARE  
THEOREM  
TRANSVERSAL  
TRAPEZOID  
TRIANGLE  
VERTEX  
VOLUME

### ACROSS

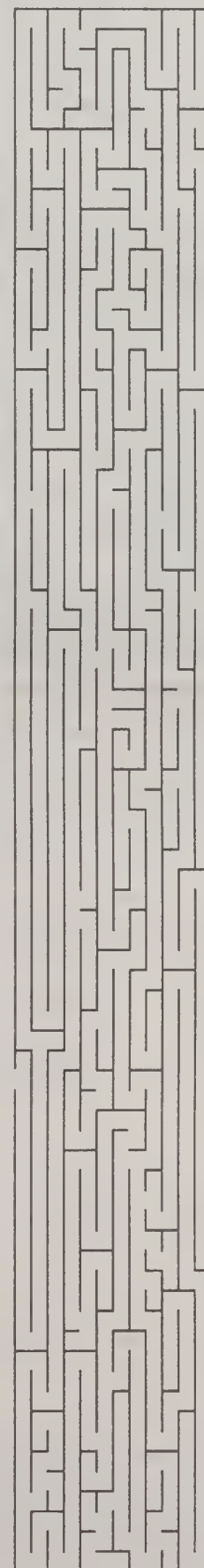
1. Every single one
5. Nursemaid
9. Litigates
13. A flat mass of ice
14. Relative magnitudes
16. A single time
17. Anagram of "Fear"
18. Communion table
19. Former Italian currency

20. Dispatches
22. Argumentative
24. Flying saucers
26. Having three dimensions
27. Joking
30. Silicon dioxide
33. Formal written defense
35. Coral island
37. Yes (slang)
38. Enlighten
41. 52 in Roman numerals
42. A small cut
45. Bounces
48. Highly seasoned fatty sausage

### DOWN

15. Luxurious
52. Express a thought
54. Strike heavily
55. Any unsafe structure
59. African antelope
62. Skin irritation
63. Synagogue scroll
65. Phone
66. Graphic symbol
67. Artillery burst
68. "Smallest" particle
69. Fastens
70. Not the original color
71. Pins

21. Alone
23. Arizona river
25. Wise one
27. Blue birds
28. Unlocks
29. Disencumber
31. Resembling a college
32. Extraterrestrial
34. Assist
36. Enumerate
39. To and \_\_\_\_
40. Puppy sounds
43. What we wear
44. 11th Hebrew letter
46. Electric light
47. A blue woolen bonnet
49. Gloves
50. Encroachment
53. Not late
55. Soil
56. Decorative case
57. Skin disease
58. Cover with asphalt
60. Plod along
61. Charity
64. A box for bricks or mortar







## THIS WEEK'S EVENTS

| Date  | Time   | Event Name                                      | Location          |
|-------|--------|-------------------------------------------------|-------------------|
| 10/8  | 1:00p  | Men's Soccer v. Framingham State                | Alumni Field      |
| 10/8  | 4:00p  | Field Hockey v. Salem State                     | Alumni Field      |
| 10/9  | 11:00a | Sunday Mass                                     | Interfaith Center |
| 10/10 | 5:00p  | Meditation Club                                 | Interfaith Center |
| 10/11 | 6:00p  | Reading and Writing Center Drop-in Help         | R&W Ctr. Paranza  |
| 10/10 |        | NO SCHOOL—COLUMBUS DAY                          |                   |
| 10/11 |        | MONDAY SCHEDULE                                 |                   |
| 10/11 | 5:00p  | FREE Math MTE Practice Workshop                 | Wilson 326        |
| 10/11 | 7:00p  | Women's Volleyball v. Worcester State           | Woodward Ctr      |
| 10/11 | 7:00p  | Yom Kippur, Kol Nidre Services                  | Interfaith Ctr    |
| 10/12 | 11:00a | Pet Therapy — PET THE PUPPETS!                  | Campus Green      |
| 10/12 | 11:30a | Corned Beef Luncheon                            | Tekoa Room DC     |
| 10/12 | 12-15p | Mindfulness Based Stress Reduction Meditation   | Interfaith Center |
| 10/12 | 1:30p  | Career Fair: Government, C.J. and Non-Profits   | Woodward Center   |
| 10/12 | 5:30p  | Yom Kippur Closing Service                      | Interfaith Center |
| 10/12 | 7:00p  | Men's Soccer v. Curry College                   | Alumni Field      |
| 10/13 | 5:00p  | Multicultural Student Association Club Meetings | Unity Room, Ely   |
| 10/13 | 7:00p  | Women's Volleyball v. Western New England       | Woodward Ctr      |
| 10/14 | 3:30p  | Yoga                                            | Ely Fitness Ctr   |

Sigma Tau Delta Lead Raker Fundraiser! Email Meade 2250 for details.

Lost and Found By 311 or Public Safety

For a complete list of events please go to [www.westfield.edu/studentactivities](http://www.westfield.edu/studentactivities)

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
Fri & Sat 7 a.m. to 9 p.m.

Ely Harvest  
Mon-Fri 7 a.m. to 11 p.m.

The Perch  
Sun - Thurs 9 p.m. to 1 a.m.  
Fri & Sat 9 p.m. to 2 a.m.

Dunkin' Donuts  
Mon - Fri 7 a.m. to 11 p.m.  
Sat & Sun 10 a.m. to 10 p.m.

Wilson Cafe  
Mon - Thurs 8 a.m. to 8 p.m.  
Fri 8 a.m. to 6 p.m.  
Sat & Sun closed

Garden Cafe  
Mon - Fri 8 a.m. to 2 p.m.  
Sat & Sun Closed

TJ Bistro  
Mon-Thurs 8 a.m.-12 a.m.  
Fri 8 a.m.-1 a.m.  
Sat 10 a.m.-1 a.m.  
Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
Sat - Sun 5 p.m. to 1 a.m.

Ely Library  
Mon - Thurs 8 a.m. to 12 a.m.  
Fri 8 a.m. to 5 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 1 p.m. to 12 a.m.

Ely Wellness Center  
Mon - Thurs 6:30 am to 10:30 pm  
Fri 6:30 a.m. to 7:30 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 12 noon to 10:30 p.m.

Bookstore  
Mon & Thurs 9 a.m. to 5 p.m.  
Tues & Wed 9 a.m. to 7 p.m.  
Fri 9 a.m. to 4 p.m.  
Sat 12 noon to 4 p.m.  
Closed Sunday

The Westfield Voice's Office  
Mon 6:30 p.m. to 9 p.m.  
Tues 6:30 p.m. to 10 p.m.  
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

**Public Safety - 5262**

**IT (Wilson) - 5528**



# The Westfield Voice

FRIDAY, OCTOBER 14, 2016

westfieldvoice.com  
@westfieldvoice

## RHA holds first general board meeting of the year



PHOTO TAKEN BY RYAN CAUFIELD

The Residence Hall Association holds their first meeting of the year. During the meeting, representatives from each residence hall were able to discuss the current state of their hall as well as their plans going forward.

**Gina Muller**  
Editor-in-Chief

On Thursday, Oct. 6 the Residence Hall Association held its first meeting of the year led by executive board president Brendan McKee. Representatives from each residence hall, with the exception of Landsdowne, were present at the meeting. McKee opened the meeting by talking about the OcoberFest event on Oct. 27. The event will be held from 3:30 to 6:00 p.m.

Each residence hall will be contributing to the event. Lauren Grams, vice president, listed the awards each residence hall has the potential to win for this event. The awards are

most creative design, most creative event, and most popular event. The three awards will be given to the winning residence halls at the first meeting in November. Each residence hall's activities are as follows: Davis Hall, obstacle course; New Hall, water pong; Courtney Hall, Q&A/trivia; University, drunk twister; Scanlon, sobriety test; Apartment Complex, beer facts or a pseudo wine/cheese set up. Lansdowne, Dickinson, and Lammers have not decided upon their activities yet.

The RHA executive board will be passing out passport cards to students who attend Ocoberfest. They will collect stickers for each activity

they go to, and will have the potential to win prizes based on how many stickers they accumulate. McKee moved the conversation to the Leadership Voyage at Camp Beckett the weekend of Oct. 14.

There, students will have the opportunity to spend a weekend with other campus leaders to learn and expand upon their leadership skills. "I really learned a lot," McKee said of his own experience at the Leadership Voyage. "It helped me build resources on campus, and helped introduce me to certain people . . . and evolved my thinking." He then began to talk about Mental Health Awareness Week, and the events that were to be

held during this time. They included the showing of "Inside Out," yoga classes, pet therapy, and the "Yoga Without Bending" event. McKee closed his report by requesting contact sheets from each hall council, and how the executive board will be sending out their own contact sheet to each hall council.

Vice President Lauren Grams began the vice president's report by explaining how she is in charge of the RHA incentive program this year. Similar to last year, each hall council will have the opportunity to earn points from events, collaboration, and contributions. Also, if halls send representatives to three out of four general board meetings each month, their hall councils will be awarded ei-

see MULLER on page 11

### In this week's issue

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Junot Diaz

SGA

Voice Vault

#### Op-Ed

Smart Phones

#### A&E

Guns and Roses

Horoscopes

Gails Guidance

#### Sports

WSU vs Framingham

Patriots

The objective student press of Westfield State University

VOLUME VIII, ISSUE III

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, OCTOBER 14, 2016

## News from other schools

### **The Berkeley Beacon** Emerson College

As of October 2016, upper-classman will no longer be able to choose their housing for the Fall 2017 semester.

A loss in many beds due to renovations that are going to happen caused this change. Sponsored off-campus housing will be available instead.

### **Harvard Crimson** Harvard University

Dining services are striking against financial pressures that are at stake. They are protesting due to drop-in pay. The dining workers plan on protesting until their requests have been met.

### **The Washington Square News** New York University

The NYU T-Party is a group which aims to bring support for transgender and gender-nonconforming students on campus. Their work at NYU was recognized this week in an interview with the President and Vice President, both of which are students at NYU who are transgender. They noted that the trans visibility on campus was minimal, and their group wants to try and make their voices heard.

### **The Daily Collegian** U. of Mass Amherst

UMass football's star line-backer, Shane Huber, suffered an ACL injury in practice this week. He will be out for the rest of the season, and this is a devastating loss for the team. Coach Mark Whipple noted that Huber is the "quarterback of the defense," and that he is a big asset to the team.

## *Pulitzer Prize winner Junot Diaz addresses Westfield State students and faculty alike*

**Anna Florczak**  
*Voice Contributor*

**Pulitzer Prize** winner Junot Diaz addresses Westfield State students and faculty alike Anna Florczak On Tuesday, Oct. 11, Junot Diaz came to Westfield State to speak about "Race, Immigration, and the Politics of Fear in the U.S."

The event was sponsored by Diversity & Inclusion, the world language studies department, the education department, the English department, Student Affairs, Residential Life, and the Guest Lecture Series Fund. President Ramon S. Torrecilha gave a warm welcome when introducing the special guest speaker. "This is what the college experience is all about," he said.

Before diving into the lecture and responding to questions, Diaz opened by getting to know his audience. He asked the audience how many in attendance were students from the



PHOTO FROM WESTFIELD.MA.EDU

school, how many were teachers, who was there for class, and how many were children of immigrants.

During the question and answer portion of the event, attendees asked the author questions about his stance on a variety of different subjects prominent in today's society.

Diaz touched upon many different topics, one of which being civility. Diaz pointed out the disconnect in society, and that he believes

the idea of change has never seemed so far away due to hegemonic power and the cynical younger generations. Throughout the discussion, Diaz talked about immigration and how it has become a successful trigger to solidarity. Diaz spoke about the power of "psychic capital." "What do we make of being alive?"

Diaz asked the crowd, with value systems being intruded by our fantasy of citizenship. The author con-

tinued to speak about his ideas and beliefs as an artist in today's day and age.

The evening was quickly interrupted when a fire alarm went off in Scanlon Banquet Hall during the event. Diaz quickly wrapped up by answering final questions from members in the audience.

On top of being a best-selling author and well-known activist, Diaz is currently a professor at the Massachusetts Institute of Technology where he teaches writing.

In the course of his career, Diaz has published three books. "Drown," "This Is How You Lose Her," and "The Brief Wondrous Life of Oscar Wao" were all well-received. "Oscar Wao" won him a Pulitzer Prize.

In celebration of Hispanic and Latino history and culture, the lecture was part of the Westfield State University's Hispanic and Latin Heritage Month.



# SGA discusses south lot concerns

**Ryan Caulfield**

SGA Correspondent

After the long and restful Columbus Day weekend, the Student Government Association met in a quick, no-nonsense meeting. The addenda saw Stephen Taksar, vice president of administration and finance, talk about his new involvement on campus along with what Westfield State University wants its future to look like in the coming years.

Thomas Convery of alumni relations announced news for Lifetime Owl members and funds that will go to the SGA. Senators also brought up concerns over the supply of south lot parking decals. Taksar, who joined the university in early July of 2016 and oversees the university's finances, said that the university is currently looking toward the future, specifically in higher education and how Westfield can position itself for the coming changes in higher ed.

What do you have to do now or in the next few years that will help the [students] that follow you to get the same high quality education down the road? Taksar asked. He said that communication and the way people are earning their degrees is rapidly changing.

Students can get a degree online without stepping into a classroom, or get an associate's degree for \$10,000, Taksar said. Helping Westfield by



PHOTO TAKEN BY RYAN CAULFIELD

thinking more strategically about planning, investing, cost containment, and utilizing what the University already has will benefit the future of Westfield State Taksar said.

Brandon Trafford, student trustee, asked Taksar what the overall impact of the new self-op dining services for the university has been. Taksar said that there has been more flexibility and creativity for the food services. Things can change more quickly, and we are not stuck in a rut in terms of staying in the same kinds of food, and food programs, he said.

Ramping up the benefits will be good for the flexibility of students, Taksar said, but these benefits will happen over time rather than right now. The quality of Westfield dining will go up according to Taksar. We are partnering with UMass Amherst and they are the number one dining program in the country

right now, he said. This lets UMass give advice to Westfield State so that the university can reach the dining standards of Amherst. Mathew Carlin, president of the SGA, announced that the University will not be selling south lot parking decals until the Spring 2017 semester, and that Lansdowne residents can now park at 41 Broad St., which is where the first congregational church stands downtown. Parking at 41 Broad St. is only for Lansdowne residents.

When asked why the decals are on a hold period, Dr. Carlton Pickron, vice president of student affairs, answered that all the spots in south lot have been sold out. After the reduction of students on campus

next spring, more spots will be available. Residential students are in a bind because commuter lot decals are still available, but only commuter students can purchase them.

Dr. Pickron mentioned

that during Columbus Day weekend, there were a few cars towed from south lot. He said parking control board does not want to tow cars, but when students rack up more than 10 parking tickets, when tickets are \$50 a piece, it is hard not to.

Lastly, Thomas Convery took the podium to address the senators and tell them about an update in the Lifetime Owls short term travel program. Convery stated that before, only first year and sophomore students were allowed to use the 25% voucher from the Lifetime Owls when going on a short term trip through the university's international programs office. Now, he said, juniors and seniors can use the 25% voucher which helps costs of the programs.

For more information on the short term programs go to [www.westfield.ma.edu/academics/study-abroad](http://www.westfield.ma.edu/academics/study-abroad). Convery also announced that since July 1 there have been 232 new Lifetime Owl member signups. With the signups, he said that the Westfield State Foundation will be giving \$340.80 to the SGA in the coming weeks.

Next week, the SGA will be going over their budget for the 2016-2017 academic year. The next meeting of the Student Government Association will be on Oct. 18, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.



# from the voice vault

This article was published in the *February 11, 2013* issue of The Campus Voice.

## Coffeehouse returns with a variety for everyone

BY JESSICA NORDEN  
ASSISTANT A&E EDITOR

The first coffeehouse of the semester kicked off Wednesday February 6 at 8p.m. in Ely Main Lounge. Hosted by Scott Toomey, one could catch a variety of performers throughout the evening.

For the first performance of the night, Shirts Off In Advance made their long awaited return to the WSC's coffeehouse. Featuring Joe Skahan on bass and vocals, Rory Bellows on drums, Greg Marsh on guitar and vocals and Matt Tetreault on vocals and guitar.

When asked about their return performance, Skahan said, "We've had a lot of fun. We haven't played together for awhile, but we did really well."

For the next act of the night, Monty Geer entertained the crowd with his amusing original songs that got the crowd laughing hysterically.

Dave Lucander and Brian Vermouth performed a spoken word that the audience enjoyed. They had performed at WSKB's benefit concert Saturday and thanked anyone who appeared at the concert.

When asked about their performance, Vermouth said, "We did good. The coffeehouses are enjoyable and we possibly have a CD on Gladiator Records coming out soon and we're excited about that. Also, go to Jester's Café on Monday nights for open mic, it's a good show."

When audience member Adair Webb was asked what she thought of the coffeehouse, she said, "It's fun and it gives entertainment for students who need a break."

The lounge was packed as the Elements Crew entertained the audience with their skills and everyone enjoyed their set.

Host Scott Toomey made a special announcement during the night about Spring Weekend and said that Run-DMC will be the headlining band of the weekend.

Dan Harren and Matty Benoit collaborated during their set and performed covers of Incubus' "Pardon Me," and "I Miss You," Dispatch's "Out Loud," Third Eye Blind's "Semi-Charmed Life" and Bush's "Glycerine".

When asked about their

performance, Harren said, "We got the crowd going and it's always a good time. This was Matty's first time singing and he wants to do this again."

Jon Morgan performed some of his own songs and then collaborated with Nate Sigman and Jon Berman on covers of Dave Matthews' "#41" and Sublime's "What I Got."

When asked about his overall performance, Morgan said, "I haven't played solo in awhile because I usually play with my band, so I was a bit nervous. Nate and Jon helped me out with a few songs and that relaxed me."

Nate Sigman and Jon Berman performed together playing some cover songs and some of Sigman's own songs.

When asked about their set, Sigman said, "I think we played really well, an overall good performance. I enjoyed this coffeehouse a lot, it was very low key."

When asked her feelings on the coffeehouse, audience member Lis Collins said, "I thought there was a great variety of music especially compared to the last coffeehouse."



Photo by Kelly Clarke

Martin Lee breakdancing at last week's coffeehouse.

Mike Aroyo and a friend joined together and played a few guitar instrumentals. Ending the night was Brian Townsend playing some cover songs on his guitar.

"I was very disappointed that all the members of Shirts Off In Advance didn't all take off their shirts," said Vice President of Programming, Angela LaPierre on the night's performances.

LaPierre also said, "The breakdancers continue to amaze me and their act brought more peo-

ple to the coffeehouse. Monty's set and Dave and Brian's set were a good change of pace from the usual bands and acoustic performances. The night went quite smoothly and everyone had a good time."

When asked about the announcement for Spring Weekend, LaPierre said, "I'm pumped that Reverend Run can make it and it's good we know who the headlining band is so people know who they're paying to see."

### Interested in other articles in 'The Voice' Vault?

Schedule an appointment with a member of the editorial staff and you can peer into almost fifty years of newspapers and journals from *Westek* to *The Westfield Voice*!

Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) to schedule an appointment!



# Federal Bureau of Investigation's Behavioral Analysis Unit

Agent Julia Cowley October 18, 4-6 p.m. Horace Mann  
Center, Garden Level Conference Room

## From news release

Agent Julia Cowley Tuesday, October 18, 4-6 p.m. Horace Mann Center, Garden Level Conference Room Co-hosted the Criminal Justice department and the Psychology department. The FBI's Behavioral Analysis Unit assists law enforcement agencies around the world in creating psychological characteristics of a suspect who is involved in serial crimes, whether that be serial murder, arson, rape, etc.

The unit utilizes methods of criminal investigation and principles learned from prior crimes to create a profile and uses psychology, investigative techniques, technology and research to complete the picture of the suspect. Agent Julia Crowley worked in the Behavioral Analysis Unit for ten years and will offer her expertise to educate the audience about the intensive training she received in order to work on the



PHOTO FROM INFOBARREL.COM

gruesome and challenging cases the unit investigated and resolved.

This lecture will be not only of interest to Criminal Justice and Psychology students, but fascinating for the general public and other students from myriad disciplines. Supervisory Senior Resident Agent (SSRA) Julia Cowley

has been an FBI Agent for 17 years.

Her first assignment in the FBI was to the Boston Division, where she spent over 10 years investigating public corruption, civil rights, and white collar crime. SSRA Cowley was also a member and team leader on the Boston Division's Evidence Re-

sponse Team (ERT). In 2010, SSRA Cowley was promoted to Headquarters where she served in the FBI's Behavioral Analysis Unit followed by assignment to the Laboratory Division, Evidence Response Team Unit. SSRA Cowley returned to the Boston Division, Springfield Resident Agency in

October 2014 to oversee all federal criminal investigations in western Massachusetts including public corruption, civil rights, white collar crime, organized crime, violent crime, and crimes against children. Prior to joining the FBI, SSRA Cowley was a Special Agent/Forensic Scientist with the Tennessee Bureau of Investigation.

In that position, she analyzed biological evidence for the presence of alcohol, drugs, and toxins. She was also on the Violent Crime Response Team and identified, documented, and collected evidence at homicide scenes.

SSRA Cowley has a bachelor's degree in chemistry from the University of Oregon and a master's degree in forensic science from George Washington University. If you need to request an accommodation for a disability including sign interpretation, please contact Event Management directly at (413) 572-8276.

**Do you like to write?**

**Are you writing for a class anyway?**

**Why not share your hard work?**

**Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) and join our ranks as a voice contributor**



# opinions & editorials

FRIDAY, OCTOBER 14, 2016

## Smart Phones: Information, entertainment, and escapism

**Nathan Godard**

*Op-Ed Editor*

We live in a society filled with screens, notifications, and messages demanding our attention. A study by mobileinsurance.com revealed that the average individual spends 90 minutes a day on their phone. Why is that, and is it truly a bad thing?

Generations change, and the means of which the people in these generations communicate changes. Culture and technology also evolve. So wouldn't it be natural for human beings to spend such an amount of time using this technology to connect with other people, share their opinions, collaborate, and be entertained?

It opens up possibility for entrepreneurship and the spread of ideas across cultures, as well as providing a means for people to be informed. In my mind, the rule for all things is this: Everything not done in a measure of moderation has the potential to result in harmful effects. This can apply to anything from drinking too much water to exercising too much.

This use of social media is a controlled form of communication of ideas. For example, Facebook has been accused of showing liberal pages more often than conservative ones on newsfeeds. The same could be done by many other websites or search engines.

Google could influence the opinions of many by making the first page of google searches centered on a particular point of view. Oversimplifications, misnomers, and horrendous oversimplifications are often perpetuated regarding current events both national and abroad. This includes politics, science, religion, culture, and everything else worthy of a head-

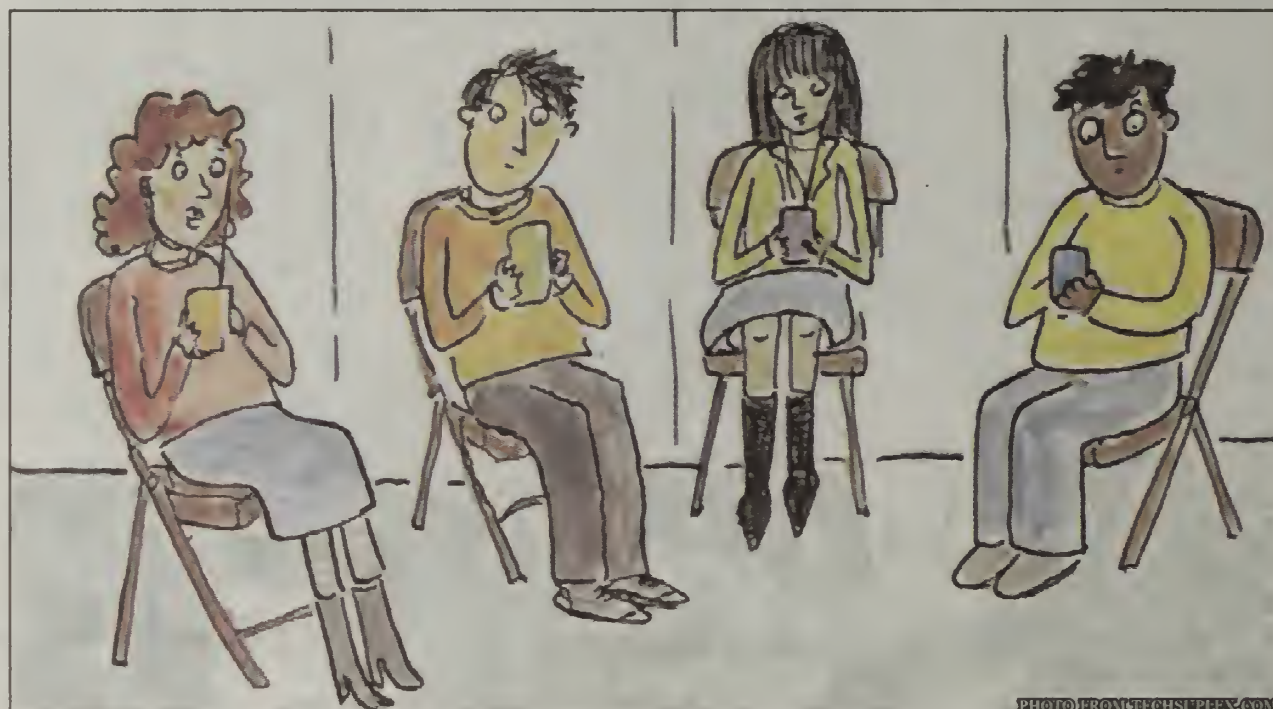


PHOTO FROM TECHSUPLEX.COM

line, because many of the sources that are seen on Facebook or Twitter have no need to be reputable in the sense of a bipartisan point of view regarding these pillars of culture.

We google the event or we see the post made by CNN, FOX News, NBC, etc., and the majority of people take the article at face value, if they even read it at all. Instead, many only read the headline because of the desire for instantaneous facts that technology has made us accustomed to. I am guilty of this as well; I am no different. With this being one of the few ways people look for information, however, it allows for a system to control that information quite easily.

The plus side to this is that you gain the perspective of many different sources if you choose to spend some time reading and analyzing the differences in opinion from differ-

ent "camps." That aside, many opponents of cellular devices cite constant availability of entertainment leading to a far more escapist mentality in people today.

The ability to constantly connect to the internet via 4G services allows people to watch videos and movies, download music and books, and browse other forms of media almost anywhere they are. In response, my question would be this: Haven't we always been doing that in one form or another?

There was a time when all forms of fiction were focused on a particular age group: children. Now there is fiction for all age groups, ranging in complexity and genre. Also, there have always been performances, whether music, plays, or musicals. Is the easy accessibility of such things the issue? I cannot understand why

that would necessarily be a problem. I can understand how it has become a problem for the younger generation, as they may have difficulty staying on task in class because they are always checking their phones; however, such things can be taught by parents. This new generation is only just understanding the pros and cons of the technology that we wield.

Beautiful things can come from this technology, but what we choose to do with it is the uncertainty. The assertion that escapism is something new, however, is absolutely ridiculous. This form of escapism, by diving into the world of movies, books, music, and the like, is just like everything else.

It is part of the evolution of human beings as we develop with the technology we create, and how we allow it to affect us is our choice.



Correction for last week's edition...

In last week's Student Government article, the title should have read *Larry Johnson gives Title VI speech at SGA Meeting.*

## Mr. Westfield Interviews begin this week!

*Are you trying to get involved on campus?*

*Are you passionate about community service? Do you have a special talent that you want to showcase?*

*Have you heard of the Make-A-Wish Foundation?*

*Do you just need something to do?*

## Come interview to be a Mr. Westfield contestant!

Monday, October 17th from 6 pm to

7:30 pm in the Club Room

Thursday, October 20th from 7 pm

to 9 pm in the Unity Room

Mr. Westfield is a student-run program that raises money for the Make-A-Wish Foundation of Massachusetts and Rhode Island, while showcasing our diverse population of students.

All proceeds directly benefit the Make-A-Wish Foundation of Massachusetts and Rhode Island.

### OPEN TO ALL STUDENTS!

If you have questions about the program, please attend an interview! If you cannot attend an interview, but would like to be a part of this program, please e-mail Maddie Spillers (mspillers5007@westfield.ma.edu) and Allison Bancroft (abancroft1562@westfield.ma.edu)

# The Westfield Voice

*The objective student press of Westfield State University*

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### General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to

write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

*Do you like to write?*

*Do you like to edit?*

*Do you like to take photos? Selfies possibly?*

*Do you like to socialize with people?*

*Are you human?*

*If the answer was yes to any of these questions, you should write, edit or take pictures for us!*

*We are looking for a photography editor. If you are interested,*

*contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu)!*



# arts & entertainment

FRIDAY, OCTOBER 14, 2016

as of Oct 12-28, 2016

## Top 10 Singles

1. Closer – The Chainsmokers featuring Halsey
2. Starboy - The Weekend Ft Daft Punk
3. Heathens - Twenty One Pilots
4. Cold Water - Major Lazer Ft Justin Bieber & MO
5. Let Me Love You - DJ Snake Ft Justin Bieber
6. Broccoli - D.R.A.M. Ft Lil Yachty
7. Treat You Better - Shawn Mendes
8. Cheap Thrills - Sia ft Sean Paul
9. Don't Let Me Down - The Chainsmokers featuring Daya
10. I Hate U I Love U - Gnash ft Olivia O'Brien

## Top 5 Albums:

1. A Seat At The Table - Solange
2. 22, A Million - Bon Iver
3. Views - Drake
4. Suicide Squad: The Album - Soundtrack
5. The Getaway - Red Hot Chili Peppers

## Top 10 Movies:

1. The Girl on the Train
2. Miss Peregrine's Home for Peculiar Children
3. Deepwater Horizon
4. The Magnificent Seven
5. Storks

## Upcoming DVDs

1. Independence Day: Resurgence
2. Alice Through the Looking Glass
3. Ghost Team

## Welcome back to the jungle

**Mike Stender**  
Voice Contributor

January 2016. I was sitting at home reading news that Guns N' Roses was making a huge announcement at midnight that night. Being the die-hard fan that I am, I stayed up to see what my favorite band's announcement was. I had heard rumors of a partial reunion with ex-member Slash, but I didn't want to believe it until everything was confirmed by the band. I figured it would just be a new tour or album announcement. There was no way I believed Slash was back in the band. I mean, as far as I knew, Slash and lead singer Axl Rose hated each other ever since Slash's departure in 1996. I didn't think there was any way Slash would return to work with Axl. I'm glad I was wrong. Once midnight hit, the announcement was made: Guns N' Roses was headlining the famous Coachella Festival, another concert I couldn't attend due to travel distance. Such a shame. However, when I logged onto my Facebook account, I was overjoyed to see Slash making the same announcement. Duff McKagan, the original Guns N' Roses bassist who left the band in 1997 but returned briefly for a time in 2014 after making amends with Axl Rose, followed with the same announcement. My favorite band continued to impress me in the following months. Shows were an-



PHOTO FROM GUNSNROSES.COM

nounced in Las Vegas and Mexico, including an intimate warm-up show at the famous Troubadour bar where the band played in their early days before they signed a record deal. In time, YouTube videos surfaced of the bands live performances; however, videos don't do justice compared to actually being at a show. By the time April hit, the band announced a massive U.S. stadium tour dubbed the "Not in This Lifetime" tour, a little humor about the fact that Axl and Slash stated many times they would never reunite. Of course, I bought tickets early thanks to a fan club presale. I had already seen Guns N' Roses live once before in 2011. The lineup was Axl Rose, longtime keyboardist Dizzy

Reed, Chris Pittman on

second keyboards, Frank Ferrer on drums, Tommy Stinson on Bass, DJ Ashba, Richard Fortus, and Ron "Bumblefoot" Thal on guitar. Due to lineup changes and members quitting the band in 2015, the lineup for the "Not in This Lifetime" tour was Axl Rose, Slash resuming his role on lead guitar, Duff McKagan on bass, and Dizzy Reed, Frank Ferrer, and Richard Fortus returning to their respected positions as well. The newest member of the band is Melissa Reese who replaces Chris Pittman on Keys. I was able to attend their show at Gillette Stadium in Foxboro, MA. My seat was right on the field and I had a perfect view of the entire stage. Lenny Kravitz opened the show, and 30 minutes after his set, Guns N' Roses hit the stage.

The band played songs from all of their albums, including "Welcome to the Jungle," "Sweet Child O' Mine," "November Rain," "It's So Easy," "Mr. Brownstone," "Rocket Queen," and the 10-minute-long epic "Coma." They even played songs from the album "Chinese Democracy," which does not feature Slash or Duff in the recordings. This pleased me because it showed they were willing to play songs that Axl had written without them, and added their own parts to the songs with Axl's blessing. The night ended with a fireworks display of the classic hit Paradise City. They sounded amazing — more amazing than the last time I saw them in 2011. These guys are my heroes. I never thought I would be able to see them to-

see **STENDER** on page 11



# gail's guidance

Dear Gail, Do you think it's possible to find your soul mate on tinder?

Signed, Sick of Being Single

Dear Sick of Being Single,

Although you may think it's a little pathetic to resort to social media apps for love, it's not; however, I can't promise you that you won't have any Dzinterestingdzconversations. An occasional request for a unique photo or an unoriginal, awkwardly-worded pick-up line is a norm on this kind of social media. You want to make sure to send the right kind of message to the men/women because you'll find that a large percentage of them are just looking for one thing, and it sure isn't love. Here's some advice. Don't post any pictures with friends, just in case they're more attractive than you. Also, make sure you don't have a creepy bio on your account; I know you're looking for love, but the element of surprise can be a good thing. Swiping left will be a regular occurrence but putting a little work into finding that special someone makes it fun. If you get a match and start to talk, show your friends! Getting a second or third opinion never hurts. Do a little research; you don't want to end up with a serial killer. Also, meet in a public place for the first time. Cute little Kristy might end up being an overweight, 50-year-old creep. Anyhow, there are genuinely good people out there with the same mindset as you. If Josh from "Love at First Kiss" can find love, anyone can. And if Tinder fails epically, maybe take some time to work on yourself. Good luck, single lady!

Ya girl Gail

# horoscopes

**Aries**  
(March 21 - April 20)

Things are going to go your way, unless of course you're friends with any clowns.

**Taurus**  
(April 21 - May 21)

Don't feel like the Chum Bucket when you're the Krusty Krab.

**Gemini**  
(May 22 - June 21)

You will achieve your biggest fear. Go you!

**Cancer**  
(June 22 - July 22)

Keep up the good work. Harambe's watching (Gone but never forgotten).

**Leo**  
(July 23 - August 23)  
Something great will come to you, if only you believe...

**Virgo**  
(August 24 - September 22)

Watch out for stress! Find some stress relievers!

**Libra**  
(September 23 - October 22)

You will make a new friend. Hooray.

**Scorpio**  
(October 23 - November 21)

Live life to the fullest. Or don't. It's up to you.

**Sagittarius**  
(November 22 - December 21)

Don't stress about boys and girls. Stress about men and women.

**Capricorn**  
(December 21 - January 20)

Your fate will change. Good things are coming

**Aquarius**  
(January 21 - February 19)  
Smile more often.

It will make your day and quite possibly someone else's too

**Pisces**  
(February 20 - March 20)

Your future looks bright! Until next week.....



## GARDENING THE COMMUNITY



# Bake Sale

October 19th 3-5 p.m. in Ely lobby

*All proceeds will go directly to  
Gardening the Community in  
Springfield*

*Cupcakes - \$2*

*Cookies - \$1*

*Bags of Candy - \$1*

*Gardening the Community is a food justice  
organization engaged in youth development,  
urban agriculture and sustainable living to  
build healthy and equitable communities.*

*- Gardening the Community*

## DINNER AT EIGHT, Dead by Nine

The Westfield State Musical Theatre  
Guild invites you to our dinner mys-  
tery theatre show, "Dinner at Eight,  
Dead By Nine" by Michael Druce.

Directed by Rachel Cofsky

Friday, October 21  
Scanlon Banquet Hall  
Westfield State University  
Doors open at 5:00 pm  
Show beings at 6:00 pm

### Ticket information:

\$10 for WSU students  
\$15 for general public  
Ticket price includes dinner, dessert, and the show  
All tickets must be purchased online at [www.westfield.  
ma.edu/tickets](http://www.westfield.ma.edu/tickets) under "SGA Programs"

*Tickets will not be sold at the door!*

Ticket inquiries, special diet accommodations, or other  
questions can be referred to Production Manager, Andrew  
Morin at [amorin5287@westfield.ma.edu](mailto:amorin5287@westfield.ma.edu).

Featuring: Alex King, Will MacKinnon, Alexi Harrelson,  
Julie MacLeod, Gwelyn DeFilippo, Daniel Garrity, Elizabeth  
Labrie, Zachary Gralinski, Samuel Gendron, Sydney Ray-  
mond, Kimberly Roux, Morgan Doherty, Presley Mahanna,  
Rachel Dunphy, Hannah McCluskey, and Deirdre Sand-  
strum



from MULLER on page 1

ther a Residence Hall Association t-shirt or water bottle. The residence hall with the most points at the end of the year will have the opportunity to win a prize. Points must be submitted by 9:00 p.m. the night before each general board meeting for them to be counted.

Additionally, each month there will be a "Hall Council of the Month" award where one residence hall is recognized for their efforts. Points to be awarded include one point for each additional hall council member that is present at a general board meeting other than the vice president; one point for every ten people to show up to a hall event; five points for hall councils that collaborate on an event with an RA in their building; five points for extra volunteer work, such as working at the local food pantry or library; ten points for putting on a program with a faculty or staff member; and

ten points for submitting an article to The Westfield Voice about a hall program.

This incentive program was implemented last year to encourage hall councils to work hard to host creative programs for their halls. The awards will be given out at the end-of-the-year banquet. Amanda LaFrance, executive board treasurer, gave her report to the general board. She announced the current state of the RHA budget, which is currently at \$19,864.70 from the original \$20,000.

LaFrance also mentioned that within that budget there is money for hall council support and collaboration. This portion of the budget can be used if a hall council wants to collaborate with the RHA executive board, or if they need additional funding for a program or event. Eileen Shaw, National Communications Coordinator (NCC), began her report by explaining how she coordinates the attendance to the

NEACURH Regional and NEACURH Minis conferences.

The Northeast Affiliate of College and University Residence Hall conference happens twice a year, and the regionals conference will be held at SUNY Oneonta the weekend of Nov. 4. Applications are closed for the Nov. regionals conference, but will be open in the spring semester for the minis conference held at SUNY New Paltz.

Each hall then proceeded to give their hall reports, where they talked about what occurred at their first hall council meeting, issues that have arisen in their hall, and plans for future programs and events. Scanlon Hall has not had their first hall council meeting yet, and they currently have no long-term goals.

Problems in the hall include rooms still not having recycling bins and bottles of urine left in the stairwells. In their last executive board meeting, University Hall updated their

executive board membership and figured out what they will be contributing to Ocooberfest.

They are in the process of planning a "Meet your Hall Council Members" event in order to recruit new members. The hall had a fire alarm around 12:30 a.m. on Oct. 5, and their goal moving forward is to get a hall event set in motion.

On Oct. 6, Courtney's hall council held a pizza night and gave out surveys for residents to rate how they have been doing so far. An issue in the hall includes the untidy behavior by many residents, including food, trash, and bottles of urine being left in hallways and stairwells. The hall council is working diligently to address and solve these growing issues.

Davis' hall council has ordered t-shirts and is currently planning a Thanksgiving dinner event. They recently added an additional SGA rep and a new PR position to their coun-

cil. They have had multiple fire alarms, and their goal going forward is to finalize their Ocooberfest event.

New Hall still needs to fill positions and has had numerous fire alarms. Their plans going forward are to finalize their Ocooberfest program. Apartment Complex's hall council still needs to fill positions and has not yet held their first meeting.

Dickinson Hall had no report this week. Additional announcements mentioned by President Brendan McKee included talking about the vacant programming chair position and the executive board's plans to fill this position.

The deadline to submit applications for this position is Oct. 17 and interviews will be held from Oct. 18 to 21. RHA General Board meetings are held every other Thursday at 7:00 p.m. in meeting room A in University Hall.

from STENDER on page 8

gether live due to the never-ending feud and negativity between the two. To this day, it was the best show I have ever seen.

I was pleased to find out that ticket sales for the tour were successful with 12 of the 25 shows

selling out, and sales grossing about 132 million.

This showed me that fans from all over the world are probably just as happy as I am to see this band back on top again, and will continue to do so as long as we, the fans, support them.

from JAROCHE on page 12

scored right away, going up 30-19. Westfield's defense gave them life with four minutes to go by causing a safety, giving

them a nine point deficit. On the last drive, they pushed the ball 63 yards on 16

plays and scored with 33 seconds remaining, leaving them just short of Framingham with a final score of 30-28.

Westfield has proven in the past two games that they won't give up, and if this play style continues, they will definitely be

a threat to conference teams.

Their next game is Saturday at Mass Marquette.



# Owls athletics

FRIDAY, OCTOBER 14, 2016

## Westfield survives in OT thriller

**Tim Jaroche**

*Sports Editor*

Coming off of a thrilling win versus Plymouth State last week at home, the Owls didn't have the same success late in the game. Westfield struck first with a field goal early in the first quarter. On the following drive, Framingham State scored on a quick five-play drive and wouldn't look back for the rest of the game. Playing catch up isn't a good position to be in, and that proved true for Westfield. Whenever they would get their offense going and score, Framingham would strike right back and stay on top. Westfield fell behind by two scores three times throughout the game, and still managed to claw back to lose by two. Timing was what killed Westfield this week. Westfield limited Framingham to thirteen first downs, compared to the nineteen that they scored. In total offense, Framingham had 295 yards compared to Westfield's 332. Westfield ran 29 more plays than Framingham, and held the



PHOTO FROM OWLS ATHLETICS

ball for nine more minutes than Framingham. The only difference was that Framingham capitalized on more of their drives and never let Westfield's momentum get out of hand. The first score that Westfield allowed was a 34-yard pass from Framingham QB Adam Wojenski to his receiver Stephen Beahn. After that, Westfield went three and out, punting the ball back to Framingham. With the ball on Westfield's 32 yard line, it only took

Framingham five plays to score again, this time on fourth and two with a run from running back Quron Wright. The second quarter saw seven punts out of nine total drives. Framingham kicked a field goal from 24 yards out to raise their lead to 17-3. Later on in the quarter, to cap off an eleven-play drive, Westfield scored on a 20-yard run from Travon Holder. A successful two point attempt was caught by Cam Card to make the score 11-17. In

the third quarter, both teams scored on back-to-back possessions to close out the quarter. Framingham scored on second and eight from their own 48 with a 52-yard passing play. This put them ahead 23-11 after Westfield blocked the extra point attempt. On the following drive, Westfield began at their own 33 yard line. From there they made quick work of the Framingham defense. On second and twelve, quarterback Phil Cohen

connected with receiver Matt Thall who made it to Framingham's one yard line before being tackled from behind. On first down, running back Ryan Wilder ran it in for the score. Westfield went for two again and scored on a run by Marcus Collins making the score 23-19. In the fourth quarter, Framingham kept their foot on the pedal and stayed just ahead of Westfield through the final minutes. Framingham

•see JAROCHE on page 11



# Brady's return inspires unlikely patriots heroes

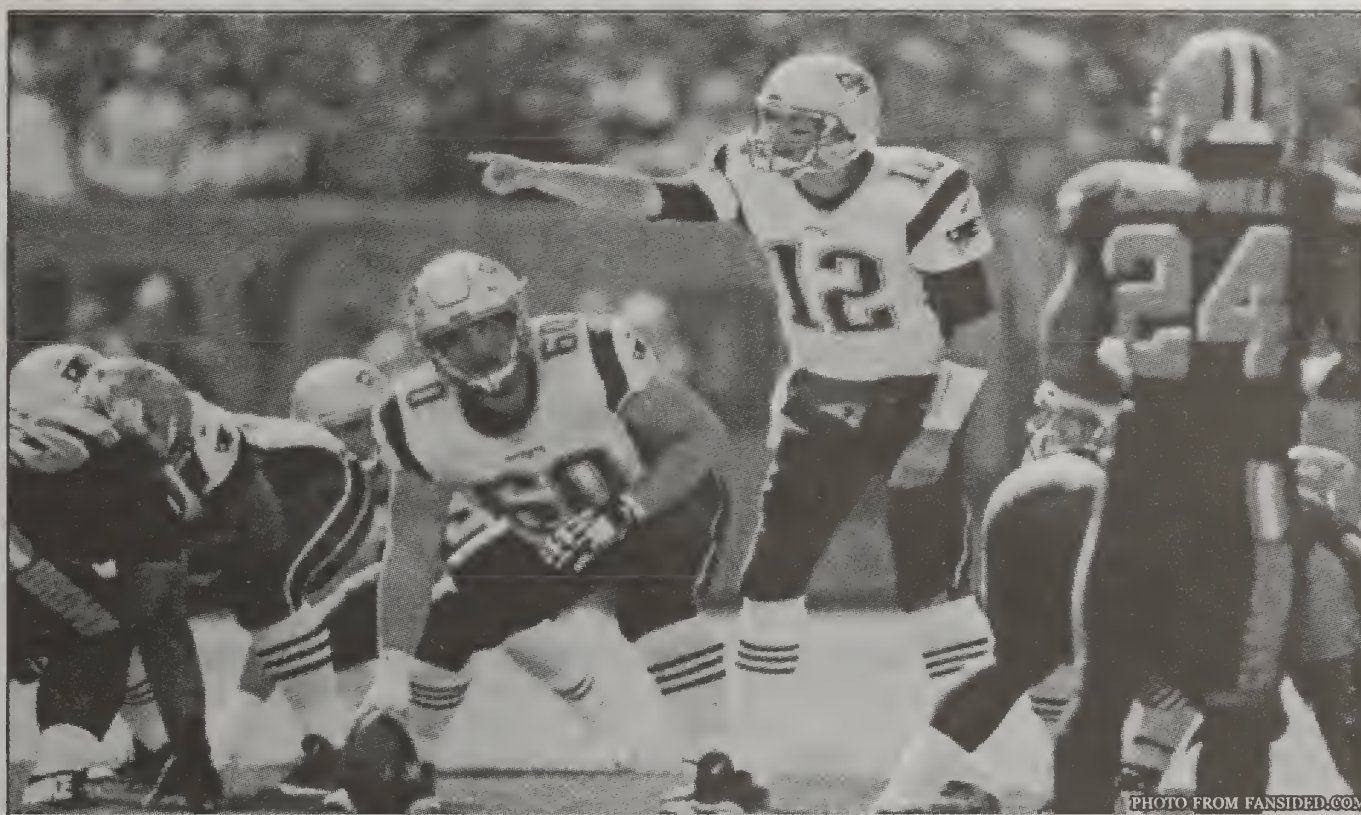
**Kyle Finnamore**  
Voice Columnist

**Tom Brady is back** and better than ever. This has been the reaction of most Patriots fans following the return of Brady after serving his four-game suspension from the deflate-gate controversy. All that is behind Brady and the Patriots as they got back into the swing of things in Cleveland, delivering the Browns a 33-13 thrashing on Sunday.

Four games off seemed to be no issue for Brady as he was in mid-season form, going 28-40 for 406 yards and three touchdowns. The first start for the Patriots' franchise quarterback clearly fired up the entire team as well as the fans. The Brown's stadium almost looked like Gillette, filled with Patriots fans wanting to see Brady, and there is no doubt it pumped up the players.

From the start, it appeared as if the Patriots were in complete control of the game. New England was able to force the Browns to go three and out on their opening drive while going right back down the field on their own for a nine play, 80 yard drive capped off by a LeGarrette Blount goal-line touchdown run.

The Browns an-



swered with a touchdown drive of their own, but it was all Patriots from there on.

The Patriots went on to score 23 unanswered points and Cleveland just couldn't keep up, especially after losing even more quarterbacks to injury.

New England clearly overmatched the Browns, and the result was expected and never in doubt. While Tom Brady performed up to his standards, the Patriots got many contributions from some unlikely players.

The trade for tight end Martellus Bennett has proved to be a good one. On Sunday, he hauled in all three

of Brady's touchdown passes while setting a personal career-high for a single game. The Gronk-Bennett combination appears to be one that could give opposing defenses fits as the season rolls on.

Another offseason acquisition for the Patriots was wide receiver Chris Hogan, who also stepped up big for the Patriots' offense. Hogan and Brady have appeared to have some instant chemistry, and Brady may have found his new deep threat. Chris Hogan only had four receptions, but they went a long way; 114 yards, to be exact.

Hopefully, the addition of Hogan should

stretch the field for the offense and make opposing defenses worry about the deep ball. One final, unlikely star for the Patriots was linebacker Elandon Roberts, who was a 2016 sixth round draft choice out of the University of Houston.

Roberts was a long shot to make the Patriots roster, but proved his worth through training camp. He has continued to prove that the decision to keep him was the right one. The linebacker had a coming out party on Sunday, recording seven tackles, one for loss, and flying all over the field on defense.

The young defender

still has a lot to prove, but the Patriots have to be pleased with his performance thus far. New England appears to have a complete team filled with many good players.

From Brady to Roberts, there is minimal weakness on the squad. While last game was against a very weak Browns team, it was the first game where all of the Patriots major pieces were active.

The team performed up to all expectations and got the job done in Cleveland. If this was any indication of the rest of the season, then there will be good things happening in New England.



# ***Free!!***

# **Math MTEL**

## **Practice Workshops for the Elementary and Special Education Math MTEL Oct 11-Dec 5, 2015**

**Five weekday evenings, 6:00-7:30 pm:**

**\*TUESDAY\*, Oct 11: Intro, Number Systems  
Monday schedule (6-8 PM)**

Monday, Oct 24:      Number Theory, Algebra,  
                                 Functions

Monday, Nov 7:      Geometry

Monday, Nov 21:      Statistics & Probability

Monday, Dec 5:      Open Response and Test-  
                                 Taking Strategies

**Two Saturday morning sessions: 10 - 12 Noon**

Saturday, Nov 19:      Number Systems, Number  
                                 Theory, Patterns, Algebra, Functions

Saturday, Dec 3:      Geometry, Statistics &  
                                 Probability, Open Response

***Open to all WSU students. Preference given  
to those who sign up in Wilson 326, "Student  
Study Room," Mathematics Department.***



|   |   |   |  |   |   |   |   |   |
|---|---|---|--|---|---|---|---|---|
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Pizza

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NBSEJOSMTREIAVFOEU  
GAROVYRAIDCRIGZISC  
OSTONBEMTHSLOZELMC  
AARLOEPRONOAANSOOH  
TPLILMPKEKARUNICOI  
CRSMIAEACTELOCRORN  
HICAVHPALLNIPUEOHI  
ECILEPLILANOSGNRSE  
EOLAOBLAEQJTMAGBUC  
STRSIFEEBDNUORGEML  
ETAPLPBLASPARAGUSC  
SAGSREPPPEPANANABEA  
SPINACHDREENDOTIVES

ARTICHOKE HEARTS

- ASIAGO
- ASPARAGUS
- BACON
- BANANA PEPPERS
- BASIL
- BELL PEPPERS
- BLACK OLIVES
- BROCCOLI
- CRUST
- EGGPLANT
- FETA
- GARLIC
- GOAT CHEESE
- GOUDA
- GREEN OLIVES
- GROUND BEEF
- HAM

JALAPENOS

- MONTEREY JACK
- MOZZARELLA
- MUSHROOMS
- OLIVE OIL
- ONIONS
- OYSTERS
- PARMESAN
- PEPPERONI
- PROVOLONE
- RICOTTA
- SALAMI
- SAUSAGE
- SHRIMP
- SPINACH
- TOMATO SAUCE
- TOMATOES
- ZUCCHINI

Games & Leisure Maze

|    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |
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| 14 |    |    |    |    | 15 |    |    |    |   |    | 16 |    |    |    |
| 17 |    |    |    |    | 18 |    |    |    |   |    | 19 |    |    |    |
| 20 |    |    |    | 21 |    |    |    |    |   | 22 |    |    |    |    |
| 23 |    |    | 24 |    |    |    | 25 | 26 |   |    |    |    |    |    |
|    |    |    | 27 |    |    |    | 28 |    |   |    |    | 29 | 30 |    |
| 31 | 32 | 33 |    |    |    | 34 |    |    |   |    |    | 35 |    |    |
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| 39 |    |    |    | 40 |    |    |    |    |   | 41 |    |    |    |    |
| 42 |    |    | 43 |    |    |    |    | 44 |   |    |    |    |    |    |
|    |    |    | 45 |    |    |    | 46 |    |   |    |    | 47 | 48 | 49 |
| 50 | 51 |    |    |    |    | 52 | 53 |    |   |    |    | 54 |    |    |
| 55 |    |    |    |    | 56 |    |    |    |   | 57 |    |    |    |    |
| 58 |    |    |    |    | 59 |    |    |    |   | 60 |    |    |    |    |
| 61 |    |    |    |    | 62 |    |    |    |   | 63 |    |    |    |    |

ACROSS

- 1. Booty
- 5. Oodles
- 10. Stepped
- 14. Leisure
- 15. Large bulrushes
- 16. Greeting at sea
- 17. Written material
- 19. Demolish
- 20. 56 in Roman numerals
- 21. Japanese cartoon art
- 22. Shrilled
- 23. Work for another
- 25. Flips (through)
- 27. Lyric poem
- 28. Wallet
- 31. Foundation
- 34. Candle "strings"
- 35. Twosome
- 36. Footnote note
- 37. Immunizations
- 38. Swine
- 39. Lair
- 40. Hard fats
- 41. Ceremonial staffs
- 42. And so on
- 44. Not near
- 45. Avoid

46. Ripple

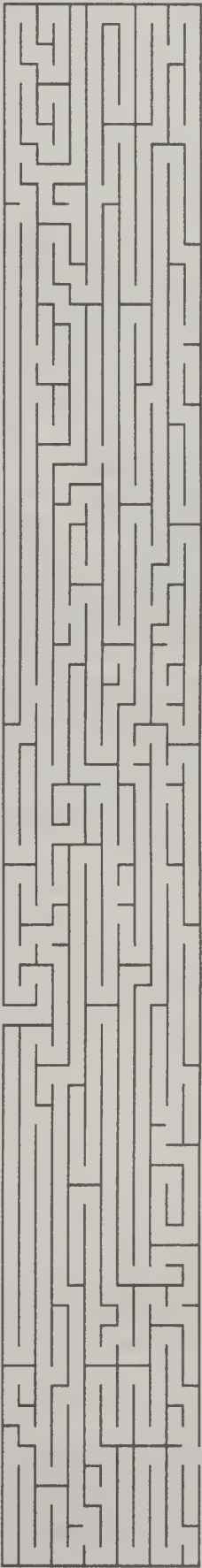
- 50. Driller
- 52. Found around a painting
- 54. Before, poetically
- 55. Biblical garden
- 56. Creator
- 58. Fog
- 59. Book of fiction
- 60. Clothing
- 61. Picnic insects
- 62. Manicurist's board
- 63. Type of sword

DOWN

- 1. Trades
- 2. Do without
- 3. Active
- 4. G
- 5. Position
- 6. Good-looker
- 7. Astringent
- 8. Abandoned ships
- 9. South southeast
- 10. A government tax
- 11. Rapturous
- 12. Exude
- 13. Not the original color
- 18. Forays
- 22. Friends

24. Cancel

- 26. North American deer (plural)
- 28. Flora and fauna
- 29. Olympic sled
- 30. Sleep in a convenient place
- 31. Remain
- 32. Incite
- 33. Most genuine
- 34. Whence
- 37. Sought damages
- 38. Cut back
- 40. Sun
- 41. Expert
- 43. Happenings
- 44. Your immediate relatives
- 46. Bet
- 47. Abatement
- 48. Wear away
- 49. Brusque
- 50. Chancel
- 51. Norse god
- 53. Rend
- 56. Half of a pair
- 57. Citrus drink







## THIS WEEK'S EVENTS

| Date  | Time   | Event Name                                                         | Location           |
|-------|--------|--------------------------------------------------------------------|--------------------|
| 10/14 | 3:30p  | Yoga                                                               | Ely Fitness Center |
| 10/15 | 12:00p | Soccer v. Worcester State                                          | Alumni Field       |
| 10/15 |        | World Food Day! Donate to the Common Goods Pantry!                 |                    |
| 10/16 | 11:00a | Sunday Mass                                                        | Interfaith Center  |
| 10/17 | 5:00p  | Meditation Club                                                    | Interfaith Center  |
| 10/17 | 6:00p  | Drop-in Reading and Writing Help! OPEN TO ALL!                     | R&W Cntr Parenzo   |
| 10/17 | 6:00p  | Mr. Westfield 2017 Interviews                                      | SGA Club Room      |
| 10/17 | 8:00p  | Open Mic Night                                                     | Owl's Nest         |
| 10/18 | 4:00p  | Career Chats                                                       | Scanlon Hall Lobby |
| 10/18 | 5:00p  | Meditation Club                                                    | Interfaith Center  |
| 10/18 | 6:30p  | Bible Study                                                        | Interfaith Center  |
| 10/18 | 7:00p  | Volleyball v. Western CT                                           | Woodward Center    |
| 10/19 | 12:15p | Mindfulness Based Stress Reduction Meditation                      | Interfaith Center  |
| 10/19 | 6:00p  | Drop-in Reading and Writing Help! OPEN TO ALL!                     | R&W Cntr Parenzo   |
| 10/19 | 7:00p  | Soccer v. Brandeis                                                 | Alumni Field       |
| 10/19 |        | <b>LAST DAY TO REGISTER TO VOTE! STUDENTVOTE.ORG FOR MORE INFO</b> |                    |
| 10/20 | 12-5p  | Vendor Sets: The Walk-In Closet Mobile Boutique                    | Outside of Ely     |
| 10/20 | 2-8p   | Fall Festival! Come celebrate the pretty leaves with yummy food!   | Owl's Nest         |
| 10/20 | 5:00p  | Multicultural Student Association Club — Open to all               | Unity Room, Ely    |
| 10/20 | 7:00p  | Mr. Westfield 2017 Interviews                                      | Unity Room, Ely    |

Look and Found Ely 41 or Public Safety

For a complete list of events please go to [www.westfield.ma.edu/studentactivities](http://www.westfield.ma.edu/studentactivities) and [studentactivities.westfield.ma.edu](http://studentactivities.westfield.ma.edu). If you would like to advertise your event on the outdoor screens and student activities calendar

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
Fri & Sat 7 a.m. to 9 p.m.

**Ely Harvest**  
Mon-Fri 7 a.m. to 11 p.m.

**The Perch**  
Sun - Thurs 9 p.m. to 1 a.m.  
Fri & Sat 9 p.m. to 2 a.m.

**Dunkin' Donuts**  
Mon - Fri 7 a.m. to 11 p.m.  
Sat & Sun 10 a.m. to 10 p.m.

**Wilson Cafe**  
Mon - Thurs 8 a.m. to 8 p.m.  
Fri 8 a.m. to 6 p.m.  
Sat & Sun closed

**Garden Cafe**  
Mon - Fri 8 a.m. to 2 p.m.  
Sat & Sun Closed

**TJ Bistro**  
Mon-Thurs 8 a.m.-12 a.m.  
Fri 8 a.m.-1 a.m.  
Sat 10 a.m.-1 a.m.  
Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
Sat - Sun 5 p.m. to 1 a.m.

**Ely Library**  
Mon - Thurs 8 a.m. to 12 a.m.  
Fri 8 a.m. to 5 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 1 p.m. to 12 a.m.

**Ely Wellness Center**  
Mon - Thurs 6:30 am to 10:30 pm  
Fri 6:30 a.m. to 7:30 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 12 noon to 10:30 p.m.

**Bookstore**  
Mon & Thurs 9 a.m. to 5 p.m.  
Tues & Wed 9 a.m. to 7 p.m.  
Fri 9 a.m. to 4 p.m.  
Sat 12 noon to 4 p.m.  
Closed Sunday

**The Westfield Voice's Office**  
Mon 6:30 p.m. to 9 p.m.  
Tues 6:30 p.m. to 10 p.m.  
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528



# The Westfield Voice

FRIDAY, OCTOBER 21, 2016

westfieldvoice.com  
@westfieldvoice

## The Dawning of a New Era



From left to right: Steven Marcus, Chair of the Board of Trustees, President Torrecilha, Dr. Holmgren, President Emerita of Mills College and friend and mentor of President Torrecilha, and Commissioner Santiago, Massachusetts Department of Higher Education Commissioner

### Jesse Buckman Voice Contributor

On Friday, Oct. 14, 2016, Westfield State University welcomed its 20th President, Dr. Ramon Torrecilha, with a special ceremony. Family, friends, faculty, and esteemed guests gathered at Dever Stage, where a video was played showing Westfield State faculty and students congratulating Dr. Torrecilha on his accomplishments. When the video ended, the color guard led the investiture delegates to their seats, dressed in official caps and gowns and taking up the first several rows of the auditorium.

The delegates represented lo-

cal universities and colleges such as Framingham State University and Amherst College, made up of presidents and program directors. After the color guard presented, Jamie Fontaine, a member of the class of 2019, led the audience in the national anthem. Father Warren Savage, a pastor at the Interfaith Center, then recited a prayer with special attention to Dr. Torrecilha before the main remarks began.

First, Mr. Steven P. Marcus, Chair of the Board of Trustees, congratulated Dr. Torrecilha on his accomplishments and attested to his compassion and care for everyone he met. Dr. Carlos E. Santiago, Com-

missioner of the Massachusetts Department of Higher Education, followed with some remarks about the difficulties that public institutions of higher education are currently facing, and Westfield State's vast history as an equal and fair university.

Finally, Dr. Janet L. Holmgren, former president of Mills College and Dr. Torrecilha's mentor, spoke about how far he had come and how ready he was to lead Westfield State. While each person told different stories, they all centered on one idea: that Dr. Torrecilha is the best choice for the job, and that no one is more ready for the responsibility than he is. Just walking around cam-

pus you can find him showing his commitment and compassion to the students of Westfield State, whether he is bringing donuts on the first day or just being available at all times to help students.

At long last, Mr. Steven P. Marcus and Mr. Matthew Carlin, SGA President, officially swore in Dr. Torrecilha, which was met with a standing ovation from the audience and a roar of applause. Our new president then took the microphone. He first thanked everyone in the audience for attending, mentioning the many members of his family who were in attendance.

He also gave a special mention to his partner, calling him his rock and telling him that he loved him.

see BUCKMAN on page 22

### In this week's issue

#### Campus News & Life SGA

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Op-Ed

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Editorial

A&E

NOFX

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Horoscopes

Gails Guidance

#### Lifestyle Health and Wellness

Healthy Eating

Cucumbers

Sports

Women's Volleyball

Patriots vs Bengals

## The objective student press of Westfield State University

VOLUME VIII, ISSUE IV

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, OCTOBER 21, 2016

## News from other schools

### **The Berkeley Beacon** Emerson College

At least two men wearing costume masks were sighted on Boylston Street. One was holding a knife and the other was screaming. No one was hurt as police detained the masked men outside the Emerson College Visitor Center.

### **Harvard Crimson** Harvard University

On Friday, Cambridge Police officers arrested 11 people who were blocking traffic in protest of recent labor negotiations between Harvard and its dining services workers.

### **The Washington Square News** New York University

The University plans to look into making housing more affordable for students by using an Intergenerational housing program. The program will give students a chance to live in a senior citizen home or retirement facility in a dorm-style room.

### **The Daily Collegian** U. of Mass Amherst

Jose M. "Joselito" Rodriguez was shot and killed after an overnight shooting at the South Point Apartments. One other person was injured. Police say the public is in danger and they have a suspect in mind.

## *SGA reviews budget for the academic year and allocates funds for MTG*

**Ryan Caulfield**  
*SGA Correspondent*

Money was the hot topic at the last Student Government Association meeting. The senators were shown a PowerPoint presentation that gave information about how much money the SGA currently has, and how much will go toward different clubs and athletic programs on campus.

The SGA also addressed and voted on their first finance proposal of the academic year from the Musical Theater Guild. In addition, a recap of the Oct. 6 Board of Trustee meeting was presented by student trustee Brandon Trafford. Marissa Cremin, community relations and fundraising representative, reported the results of the Oct. 5 blood drive.

In the finance report given by vice president of finance Marcus DiBacco, he stated that the SGA's 2016-2017 Fiscal Year budget is \$441,572.00. \$148,572.02 of this is allocated to employee salaries and benefits, \$69,010.00 for club line item allocations, \$61,750.00 for SGA club sports allocations, and \$98,900.00 for CAB allocations.

There are 12 clubs in the club line that range from Circle K and the Emergency Medical Services (EMS) club, to the International Relations Club and the WSKB Radio Club. These 12 clubs



PHOTO TAKEN BY DELANEY GEMBIS

receive this money for events, equipment, and important conferences. Barbara Hand, SGA adviser, explained why the EMS club members get paid when they attend a club sporting event. She said that when an EMS club member replaces the roll of a medical trainer during a game, they should be and are compensated for their time.

They are allocated a stipend of \$1,200 to help defray the costs of the EMS club members' personal liability insurance. Club sports, EMS club, and Susan LaMontagne—dean of students—all agreed on this policy. Club sports are separate from the other clubs, and thus receive

their own \$61,750. This is split between the nine club sports teams. DiBacco went on and said that the Campus Activities Board has an operating budget of \$98,900.

According to DiBacco, CAB uses this money with their best judgment. CAB uses this money for spring weekend and all other events on campus. SGA's own expenses—ranging from Co-tillion and club sports insurance, to printing costs and office supplies—totals \$41,497.76. After all of the above allocations, the final operating budget amounts to \$10,434.24.

"Once the money is gone, it's gone," DiBacco said. The

Lifetime Owls' donation of \$3,480 from last week will eventually be put into this \$10,434.24 total. In DiBacco's PowerPoint, he noted that an additional \$8,000 is expected to roll in from "student activities fee Spring revenue over and above enrollment numbers at the budget was based on." He also noted that MTG ticket sales come back to SGA and tickets.

Last year, there was a \$25,000.00 rollover. After the report, the MTG requested funding to cover some of the expenses for 12 students to attend the 2016 Kennedy Center American

see CAULFIELD on page 7



# The Student Government Association's Executive Board: A Profile Series

## Jacob Lotter

**Sandra Mercer**  
Head Copy Editor

*The Student Government Association's executive board consists of eight Westfield State University students dedicated to the embetterment of the campus community. These eight people spend countless unpaid hours working toward creating a more inclusive, productive, and efficient university. Over the next eight weeks, these students will be highlighted in a profile series documenting their lives before, during, and after Westfield State.*

**Jacob Lotter, the vice president of academic life, is an integral member of the SGA executive board. As VP of Academic Life, Jacob dedicates his scarce free-time to ensuring each and every student is represented and taken care of. I was lucky enough to sit down with Jacob this week and learn more about this amazing, hard-working individual.**

I was surprised to hear that Jacob was actually very shy growing up. This is a stark contrast to the outgoing, bubbly Jacob that I know and love. Jacob said that eventually, around middle school, he came out of his shell.

"I learned how to use my personality to get myself out there so people would like me," he said.

Jacob graduated from Oxford High School in 2014 in a class of only 99 people. In his early high school years, Jacob worked at the Oxford Public Library and was involved with his photography club; however, he noted that his high school didn't have as many opportunities to get involved. Though they did have a student council, it consisted mostly of the "popular" kids.

"I knew it was something I would probably like, but I was afraid to join it up later in high school, which is why I joined SGA so early on in college," he said.

Jacob is a history major with a double minor in communication and writing. Originally, Jacob came to Westfield in the fall of 2014 as a history education major.

"I had a teacher in high school who came to Westfield and I just wanted to be like him," he said.

This teacher, WSU graduate Matt Welsh, was Jacob's history teacher his freshman year of high school and one of the main reasons why Jacob chose to come to Westfield. In addition to the



PHOTO TAKEN BY DELANEY GEMBS

comfort of his cousin Katie Nowicki (2016) being here with him, Jacob said it just felt like the right choice

"I actually didn't fall in love with it," he said of Westfield at first. "I fell in love with the comfort of [Katie] being here. And I didn't end up needing her; I fell in love with it on my own."

Once Jacob got to Westfield, he took one history class and said that it "just didn't feel right," and subsequently dropped the education track. As for his double minor, Jacob chalks it up to an accident.

"I was actually a political science minor," he laughs.

Prof. Vanessa Diana, Jacob's comm. 1 professor, suggested he take up a writing minor. Jacob's love for writing, and his innate talent for the craft, manifested itself into this happy little accident. Jacob's good friend Karina Sallaway (2018) is a communication major at Westfield, and while looking at some of her coursework, he found that the subject might be helpful in the future.

"Comm. was more of a practical pick-up, whereas writing was more of a pleasure pick-up," Jacob said.

On top of all his own coursework, Jacob is a heavily-involved individual. Back home, he's notorious for his love of working at Old Navy. Last year he served as the Legislative Secretary on the executive board, and was a representative to the class of 2018 his freshman year. He has also been a member of CAB since second semester freshman year, and was heavily involved in

Active Minds his freshman year, and he still supports this club as often as he can.

Jacob has also been working at the Ely Library since his second semester freshman year, and has done two summer internships at libraries close to his hometown. In the summer of 2015, Jacob interned at the Sutton Public Library; this summer, the Charlton Public Library.

"I loved every minute of it," he says of his experience in Charlton.

In particular, Jacob got the unique opportunity to reorganize the local history room there. As a lover of history and all things library, this was the perfect opportunity for Jacob to shine.

Most notably, of all the jobs and activities Jacob has thrown himself into, Vice President of Academic Life seems to be top of the list these days. As VP of Academic Life, Jacob serves as a student representative to Academic Affairs. Should students have an issue with anything involving academia, they can reach out to Jacob for help.

"I find whoever it is I need to talk to to fix these things," he said.

Jacob works diligently with various people in Academic Affairs to ensure he is doing the best job possible. He meets regularly with the interim VP of Academic Affairs, Marsha Marotta; the interim Dean of Undergraduate Studies, Christina Sweden; the director of Academic Advising, Laurie Simpson; the director of Urban Education, Azanda Seymour; and various other deans and associate deans.

"My goal is trying to work with as many people in academic affairs as possible," he said.

Though not historically met with by the VP of Academic Life, Jacob has also made it a point to meet with both Michael Filas, the Associate Dean of the Westfield State Experience, and Cheryl Stanley, the Dean of Education. He wants to meet with these two important people of Westfield State more regularly, as he sees it to be an essential part of his duty to the students here.

In addition to this, Jacob also works directly with the Student Representative to the Board of Trustees, Brandon Trafford, to make sure the representatives at large on SGA are all serving on at least two committees.

Traditionally, the VP of Academic Life creates their own personal project to help better the campus community in some way. Olivia Dumas, who held Jacob's position two years ago, started the "Keep Calm" poster campaign for advising. Job Cubetus, last year's VP of Academic Life, kept this alive, and Jacob intends to do the same. Though he has a few ideas about what his own project will be, he isn't revealing anything just yet.

Not only does Jacob stay busy with his various roles as VP of Academic Life, schoolwork, and extracurriculars, but he also serves on five other committees. None of these five committees are requirements of his position, but Jacob has chosen to sit on these committees out of his own dedication to the campus. These committees include: the search committee for new VP of Academic Affairs and Provost; the presidential advisory committee on academic planning; the curriculum committee; the academic technology and information services committee; and the neighborhood advisory board, of which he is the co-chair alongside Marissa Cremin (2018).

I asked Jacob what he wished people would know about his position, and he wanted to emphasize that the VP of Academic Life isn't just a gatherer of information meant only to meet with campus faculty and staff members and report back. Rather, this position is meant to be one that works with all the right people, not for them. Jacob wants to reiterate that all of these meetings,

see **MERCER** on page 22



# Career Center

## CAMPUS CONNECTIONS

# CAREER CHATS

*Tuesdays from 4:00—6:00 pm*

### Date

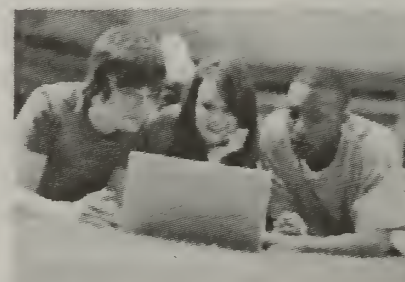
September 20, 2016  
 September 20, 2016  
 September 27, 2016  
 October 4, 2016  
 October 11, 2016  
 October 18, 2016  
 October 25, 2016  
 November 1, 2016  
 November 15, 2016

### Location

Apartment Complex— Courtyard (Outside)  
 Lammers Hall— Entrance Area  
 Lansdowne Place — Lobby or lounge  
 Davis Hall— Common Room  
 Dickinson Hall— Common Room  
 Scanlon Hall— Desk Area/Main Lobby  
 Courtney Hall— Front Desk Lobby  
 University Hall— Living Room, Left side  
 New Hall— Lobby

Stop by our table and ask about

- *Career Development Strategies*
- *Job and Internship Resources*
- *Resume Assistance*
- *And More.....*



**Visit us for a chance to WIN !!!!!**

*Professional Portfolios and Resume Paper (One winner from each hall will be drawn)*

### Guest Artists

Westfield State University  
 Career Center  
 100 Westfield State University  
 Westfield, MA 01095  
 Phone: 413/253-2000  
 Fax: 413/253-2001  
 Email: career@westfield.edu

Westfield  
 STATE UNIVERSITY



# crime log

| <u>Incident Nature</u>       | <u>Case#</u> | <u>Date reported/occurred Time</u> |             |            | <u>General Location</u> | <u>Disposition</u>                        |
|------------------------------|--------------|------------------------------------|-------------|------------|-------------------------|-------------------------------------------|
| Liquor Law Violation         | 16-394       | 10/1/2016                          | 10/1/2016   | 0015       | Lammers Hall            | Ref. to Student Conduct                   |
| Harassment                   | 16-400       | 10/3/2016                          | 10/3/2016   | 1945       | Davis Hall              | No contact order issued                   |
| Hit and Run                  | 16-27-AC     | 10/5/2016                          | 10/5/2016   | 1507       | Commuter Lo             | Closed                                    |
| Drug Law Violation           | 16-41-FI     | 10/5/2016                          | 10/5/2016   | 1644       | Davis hall              | Ref. to Student Conduct                   |
| Assault and Battery Domestic | 16-42-AR     | 10/6/2016                          | 10/6/2016   | 1041       | Lammers Lot             | SummonsMailedTrpassed                     |
| Harassment                   | 16-405       | 10/6/2016                          | 10/6/2016   | 1608       | University Hall         | Ref. to Student Conduct                   |
| Revoked MV Registration      | 16-43-AR     | 10/6/2016                          | 10/6/2016   | 2223       | Parenzo Road            | Citation Issued                           |
| Liquor Law Violation         | 16-407       | 10/7/2016                          | 10/7/2016   | 0031       | Courtney Hall           | Ref. to Student Conduct                   |
| Liquor Law Violation         | 16-420       | 10/14/2016                         | 10/14/2016  | 2004       | Lammers hall            | Ref. to Student Conduct                   |
| Indecent Assault and Battery | 16-421       | 10/14/2016                         | 10/11/2016  | 1700       | Campus Center           | Suspect Identified/Ref to Student Conduct |
| Liquor Law Violation         | 16-422       | 10/14/2016                         | 10/14/2016  | 2220       | Davis Hall              | Ref. to Student Conduct                   |
| Disturbing the Peace         | 16-45-AR     | 10/15/2016                         | 10/15/2016  | 0105       | Couirtney Hall          | Arrest                                    |
| Hit and Run                  | 16-29-AC     | 10/15/2016                         | 10/15/2016  | 1340-1440  | Commuter Lot            | Closed                                    |
| Trespassing                  | 16-48-AR     | 10/16/2016                         | 10/16/2016  | 0255       | Scanlon Hall            | Arrest                                    |
| Malicious Destruction        | 16-427       | 10/16/2016                         | 10/16/2016  | 0315       | Lansdowne Place         | Closed                                    |
| Larceny                      | 16-430       | 10/16/2016                         | 10/16/2016  | 0030-01030 | Dining Commons          | Closed                                    |
| Disorderly Conduct           | 16-49-AR     | 10/16/2016                         | 10/16/2016  | 1603       | Public Safety Lobby     | Arrest                                    |
| Larceny                      | 16-432       | 10/16/2016                         | 10/16/2016  | 1815       | Davis hall              | Investigated                              |
| Rape                         | 16-434       | 10/17/2016                         | 10/16/2016  | 1900-1930  | Davis Hall              | Suspect Identified/Ref to Student Conduct |
| Larceny                      | 16-435       | 10/17/2016                         | 10/14-16/16 | 1200-1700  | Lansdowne Place         | Investigated                              |

## Greek Life Informational Fair

*October 26th. 2016*

*5pm Informational Tables – SGA Club Room*

*6pm-8pm Greek Life Panel & Talent Showcase – Owls Nest*



# from the voice vault

This article was published in the April 27, 1998 issue of The Campus Voice.

## Lack of competition highlights annual SGA elections

Justin McCauley  
Staff Reporter

There will be some new names and faces representing the student body next fall for the Student Government Association. Some of the most significant changes will take place on SGA's executive board.

The elections took place last Tuesday and Wednesday. The votes were still cast and tallied despite the shortage of candidates and lack of voters.

Competition was extremely scarce especially in the ballot for the class of 2000. Only three students ran for a position in the entire sophomore class. There were no candidates on the ballot for the position of president of the class of 2000.

"I'm concerned about the number of names on the class ballots," said current SGA President Nicole Sisson. "It's too bad that there can't be somewhat healthy competition".

While some of the senator positions are still vacant, the executive board is already complete. Two of the current members of the executive board will return next semester. Sophomore Erik Bristow was re-elected and will return to his position as treasurer of SGA.

The other returning member of the executive board will be junior Alson Leary. Leary, currently the vice president of student life, was elected as the next president of SGA. Leary will be taking over for graduating senior Nicole Sisson.

"I'm nervous about taking over but I think that Nicole Sisson has cleared a good pathway for me," said Leary.

Freshman Chad Abdo was elected to fill the position of vice president of student life. Abdo currently serves as the president of Dickinson Hall. Abdo feels comfortable about accepting the responsibilities that go along with being on the executive board.

"I plan to continue to keep an open line of communication between res life and student government," Abdo said.

Abdo is not the only new face that will be joining the executive board next fall. Allan Peterson will be the vice president of finance, Jocelyn Gregory will be the executive secretary, Lisa Neary



-Photo by Justin McCauley

Senior Mark Gesteas helps collect votes during last week's SGA elections.

will take over as secretary of the legislature, Orlando Lassalle will assume the position of student trustee and Liz Patonay will be the vice president of programming.

job next fall. She is also a little nervous about taking over for senior Amy Cashman.

"I'm very excited but also very nervous because Amy has done such a phenomenal job,"

This article was published in the February 3, 2012 issue of The Westfield Voice.

## Scanlon and Dickinson Halls face restrictions after damage charges

Megan Bishop  
Voice Reporter

Scanlon Hall and Dickinson Hall on Westfield's campus were put on level five of Residential Life's Community Response Plan as soon as the Spring 2012 Semester began.

This designation meant 24-hour quiet hours and no guests (student or non-student) for an indefinite period of time.

Those restrictions were lifted a little over a week later

on Feb. 1st, but students had lovingly nicknamed the situation a lockdown while in was in place.

Originally, students had been told that when the past semester ended, the building would start back at zero. That is zero charges so no levels.

After certain developments and damages in Scanlon and Dickinson, they were forced to change this policy.

What about those students who did not live in those buildings last semester? They

just had to endure what their classmates caused.

There was no way the damage from the end of the semester could be let go without consequence.

The students in those buildings said they were pretty upset when they found out about this.

They talked about how unfair it all was, posting a lot of different updates on the situation on Facebook.

"It almost seems like their blaming the RAs for doing their

jobs," Amanda Morse, resident assistant in Courtney Hall said.

"We are just doing what we're told to do. It's part of our job. If these students blaming us were in our roles, they would be doing the exact same thing."

After looking at a lot of these status updates, Morse commented, "These students are mad when they have consequences for other's actions. Easy solution: Call them out. Turn them in. If you don't want to pay for what other students are doing, then stop it from hap-

pening."

This is the goal for Residential Life. They were hoping that students would learn accountability with this plan. In the past, they have said it is working. They're hoping it continues to work and gets better.

Joshua Hettrick, Westfield's Assistant Director for Housing, said that Dickinson had no problems over this past weekend, the first weekend of the semester. He added however that there were further damages in Scanlon.



## Westfield State University Student Ambassadors volunteered at the new Habitat for Humanity store in Westfield



From left to right: Back row: Nicole Hannon (Canton), Giana Dean (Saugus), Olivia Bird (Arlington), Rebecca Pierce (Chelmsford), Marissa Cremin (North Easton), Kathryn Lorenzi (Northborough), Nnedi Oranekwu (Lynn), Aaron Lee (Bedford). Front row: Wayne Barnaby (Stoughton), Andrew Farrington (Belchertown), Samantha Lee (Hopkinton)

from CAULFIELD on page 2

College Theater Festival. The request was for \$1,753.87. DiBacco motioned to approve the allocation of funds and it passed. After this allocation, \$8,680.37 is left. DiBacco presented a very sound and clear finance report and was thanked by the senators.

News from the Board of Trustees was reported by Brandon Trafford. Trafford stated that the Board approved addi-

tional funding for capital projects on campus. These are construction projects such as the new science building and the up-and-coming Catherine Dower Center for the Performing & Fine Arts that will transform the Juniper Park Elementary School into an academic building. "Some big projects," Trafford stated, "tend to cost more money than they are initially bid for."

The extra funds to cover projects are called rollovers. The Board re-

cently approved \$2.7 million to cover unforeseen costs over last year's roll over, which was \$2.5 million, making the roll over balance \$5.2 million. The Catherine Dower Center was also in need of additional funding for the first phase of construction, Trafford said.

Initially, the cost was to be \$4.3 million, but an additional \$1.3 million was approved by the Board. This brings the first phase of construction costs to \$5.6 million.

After Trafford's report, Marissa Cremin gave a report on how many units of blood were donated at the Oct. 5 blood drive.

Cremin said that only 66 units were donated, way below the 100-unit goal. "This was a little disappointing because last year we had four drives, often passing the 100-unit goal," she said. Cremin was optimistic that the Nov. 30 blood drive will have a better outcome, and said that if more people volun-

teer and sign up earlier, the 100-unit goal will be met.

Matthew Carlin, president of the SGA, announced that the next SGA meeting will host Dr. Ramon S. Torrecilha as their guest speaker.

The next meeting of the Student Government Association will be on Oct. 25, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.



# ***Free!!***

# **Math MTEL**

**Practice Workshops for the  
Elementary and Special Education Math MTEL  
Oct 11-Dec 5, 2015**

**Five weekday evenings, 6:00-7:30 pm:**

**\*TUESDAY\*, Oct 11: Intro, Number Systems  
Monday schedule (6-8 PM)**

Monday, Oct 24:      Number Theory, Algebra,  
                                 Functions

Monday, Nov 7:        Geometry

Monday, Nov 21:      Statistics & Probability

Monday, Dec 5:        Open Response and Test-  
                                 Taking Strategies

**Two Saturday morning sessions: 10 - 12 Noon**

Saturday, Nov 19:    Number Systems, Number  
                                 Theory, Patterns, Algebra, Functions

Saturday, Dec 3:      Geometry, Statistics &  
                                 Probability, Open Response

***Open to all WSU students. Preference given  
to those who sign up in Wilson 326, "Student  
Study Room," Mathematics Department.***





## NEWS FROM INTERNATIONAL PROGRAMS

INTERNATIONAL EDUCATION WEEK NOVEMBER 13 - 19

**INTERNATIONAL/INTERCULTURAL CLUB BAKE SALE-** Tuesday Nov 15, 9AM-3PM *Wilson Hall*

**INTERNATIONAL POSTER FAIR -** Thursday, November 17, 12-2PM *Ely Hall Lounge*



### PASSPORT DAY!

The Westfield Post Office will set up on campus -

Saturday, November 19, 10AM - 2PM *Tekoa Room, Dining Commons*

Go to [www.travel.state.gov](http://www.travel.state.gov) to download the Passport form and directions!

### 2017 SHORT-TERM COURSE OFFERINGS

*Apply through your myWestfield Account (Academics Tab)*

*+courses are open to First-year students*

Deadline to apply: October 28

Wintersession: +EDUC 0260 GLOBAL SERVICE LEARNING PROJECT: **NICARAGUA**  
EDUC 0398 CIVIC ENGAGEMENT & LANG IMMERSION: **PUERTO RICO**

Spring: +BIOL 0102 ENVIRONMENTAL BIOLOGY: **COSTA RICA** (travel in January)  
LAB SCIENCE CORE COURSE

Deadline to apply: December 16

Spring: ECON 0318/MGMT 0350 INTERNATIONAL ECONOMICS: **CHINA**  
GARP 0311 REGIONAL GEOG OF LATIN AMERICA & CARIBBEAN: **BELIZE**  
NURS 0310/0397/CMTY HEALTH NURSE/CAPSTONE: **GUATEMALA (FULL)**  
PSYCH 0355 SERVICE LEARNING IN PSYCHOLOGY: **GUATEMALA (FULL)**

Summer: EDUC 0398 INTERCULTURAL & TROPICAL ECOLOGY EXP: **COSTA RICA**  
EDUC 0598 " (Graduate level)  
+MOVP 0396 IRISH SPORT SCIENCE AND CULTURE: **IRELAND**  
*Pre-requisite: Intro to Exercise Science*

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# opinions & editorials

FRIDAY, OCTOBER 21, 2016

## *Westfield State's new self-op dining lackluster*



PHOTO FROM SMUGMUG

### **Anna Florczak**

*Voice Contributor*

**Since it was announced** last year that Sodexo was leaving Westfield State, the University has been working to achieve a self-operated food service program to make our experience only that much greater. That was a hint of sarcasm. Saying goodbye to Sodexo also meant saying goodbye to our life-line.

Sure, Sodexo did not always have the best op-

tions to choose from in the Dining Commons, but with our college no longer being affiliated with the company, we are no longer able to use dining dollars at our campus Dunkin Donuts or Market Place. My heart became even heavier when I found out that "Pandini's" has been replaced with "TJ Bistro." Pizza Wednesdays now exists only in my memory.

In loving memory of Pizza Wednesdays, 2011-

2016. Former "Perch" is now known as "Perc." "The happiness left with the H," said RA David Almeida. What was once a hot spot for students at late hours is now what you would call an abandoned hipster café; all you'll find are questionable smoothie combinations and breakfast foods.

Other new additions made to retail dining include Ely Harvest, located in the Ely Campus Center across from the fitness

center.

If you're looking to buy a foot-long--sorry, you won't find it there. Subway has left that-away. Last and certainly not least, the Dining Commons. I think I have gotten a meal from the 'Entrée' line three times, and pizza, fries, and pasta every other day since the semester started.

I do have to admit, however, that the stir-fry and sushi have both been great. It won't be long un-

til we all start to get a little tired of those options never switching out.

Also, part of me is seriously convinced neither Tim nor Jeanne had a say in advancing the new dining services. The Westfield State Dining mission is to contribute "to the campus life experience by providing a variety of healthy, and flavorful meals featuring local, regional and world cuisine in a sustainable and environmentally conscious manner."



# Westfield State's new self-op dining lackluster

## From news release

**Westfield-** Westfield State University's Guest Lecture Series welcomes its first musical performer of the season, Haitian American composer, singer, and conductor Sydney Guillaume. The lecture will be held on Friday, October 21 at 6 p.m., followed by the concert from 6:30 to 8:30 p.m. on Dever Stage in Parenzo Hall.

Guillaume is a composer known for his choral music, most of which are commissioned works for organizations such as Seraphic

Fire, a Grammy-award nominee, the Westminster Chorus, and the Miami Children's Chorus. Guillaume's compositions have been praised by the Miami Herald for their "impressive maturity and striking melodic distinction." His compositions have been performed around the world as well as at numerous conferences and international festivals.

"Mr. Guillaume is a leading composer, and has become very well known in the past five years. I have performed his works for

several years, and find them challenging, beautiful, and full of life" said Assistant Professor and Director of Choral Activities Felicia Barber, who organized this event.

Barber said she hopes the event is inspiring and engaging for musicians, novice composers, choral performers and teachers. Felicia Barber also believes the event will enrich the community at large.

Being an active member in the choral community as a composer, singer, conductor, and clinician, Guillaume

conducted the Pennsylvania Music Educators Association (PMEA) District 12 Honor Choir in 2013. Guillaume has also been the conductor of Imbroglia Sextet, a group of musicians from Haiti, Spain, Bolivia, and the United States. For the Los Angeles-based company Loyola Productions, he has written original film and documentary scores.

Guillaume is originally from Port-au-Prince, Haiti. He came to the United States when he was 11 years old and currently resides in

Portland, OR. working full-time as a composer, conductor and clinician. Guillaume holds a Bachelor's of Music in Composition from the University of Miami. He was named the "Outstanding Graduate for the Department of Music Theory and Composition" at the University of Miami Frost School of Music.

The event is free and open to the public. For more information on the Guest Lecture Series, visit <http://www.westfield.ma.edu/guest-lecture-series>.

# Westfield State Musical Theatre Guild presents second annual dinner mystery theatre show

## From news release

**WESTFIELD-** Westfield State University's Musical Theatre Guild (MTG) will perform the dinner mystery theatre production "DINNER AT EIGHT, DEAD BY NINE" on Friday, October 21 in Scanlon Banquet Hall. The doors open at 5 p.m. and the production begins at 6 p.m.

Written by Michael Druce, "DINNER AT EIGHT, DEAD BY NINE" features a

group of guests who are attending a dinner and anticipating a theatre show when the guest of honor, Eleanor Van Heusen, drops dead.

One of the attending guests, Inspector Bungles, is determined to solve the crime, but it's more difficult than anticipated because the majority of the guests disliked Van Heusen and all reveal their own murder plans, but claim innocence.

The play is directed by student Rachel

Cofsky '17 with student Andrew Morin '17 serving as the production manager. The production features 16 student actors and will incorporate interactions between the actors and audience members. Dinner will include salad, garlic bread sticks, spaghetti and meatballs, and brownies and coffee for dessert.

This is the second annual dinner mystery theatre production held by the Musical Theatre Guild. Last year, MTG had

80 audience members at its inaugural event.

Tickets are limited and must be purchased in advance online at <http://www.westfield.ma.edu/tickets> under "SGA Programs."

Tickets are \$10 for Westfield State University students and \$15 for the general public. Ticket inquiries, special diet accommodations, or other questions can be referred to Production Manager Andrew Morin at [amorin5287@westfield.ma.edu](mailto:amorin5287@westfield.ma.edu).

The Musical Theatre Guild is one of the oldest student-run clubs on campus, and was founded in 1972. The club puts on two full-length musicals per school year.

MTG has just four weeks to organize a full musical, including learning a full score and script, movement during each scene, dancing, and constructing a full set for the show.



## Letter to the Editor

# *Is campus parking a neglected issue?*

There has been an ongoing issue at Westfield State University. Students and faculty alike are suffering with the anguish that plagues the campus community on a daily basis.

Campus Parking. While many questions float through my mind about how this could have gone on this long, I always come back to the same question: Why haven't more spots been created? It seems simple, right? To create more available parking for students and faculty

seems like an easy enough solution to the overcrowding issue, but why hasn't anything been done?

The University is expanding; buildings are being erected, expansions on residence halls are up and coming, and admissions are accepting more students than we have housing for. But why is campus parking still being neglected?

It appears that the University has decided that the best course of action to address the overcrowded parking

conditions is to give tickets to those who are parked "illegally." While this strategy is great to earn some extra money at the expense of students, it does not solve the root problem.

My problem is not that there is overcrowding in the campus parking lots, but rather the way in which the University is recognizing these problems.

With becoming more strict in giving out tickets, it seems like the school is saying "yes, we recognize that we do not pro-

vide enough parking spots for the amount of students who attend this university, but we don't care and will continue to give out tickets to underserving, innocent students."

I want to stress that this is strictly my observation and interpretation for what is happening, but I can't help but notice that many others who are part of this community share my views. I urge the administration as well as the parking control board to take a hard look at the set of is-

ssues we have before us, and to actually consider the impact this problem is having on the members of the campus community, especially the students who deserve parking justice.

We deserve to have our opinions heard and considered. After all, we are the ones who pay to go here.

Signed,

A concerned student

## Corrections in last week's edition

On the page 3 SGA article - the voucher from the life time owls is \$25 off short term travel programs not 25% off as previously written.

Also the lifetime owls gave \$3,480 to the SGA not \$340.80 as previously written.

Lastly on Page 12 the headline, "Westfield State Survives In OT Thriller," was mistakenly copied into place. The headline should have read: Westfield Falls Short Against Framingham State

*Do you have an opinion about a campus issue?*

*Use your first amendment right and speak up about an issue that you feel deserves to be shared.*

*Send a letter to the editor!*

*Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) and share your thoughts and opinions with the Westfield State community.*

*You have a voice. Use it.*



## from the editors desk

When applying to colleges, something that was very important to me was the look and feel of the campus. I wanted to attend a school that had, in my opinion, the true college vibe. My choices were limited because of the amount I was willing to spend, and out of all the Massachusetts state schools, I believed Westfield to be the best. This is largely due to the campus green. Well, not so much anymore.

Each summer the beautiful green grass is painstakingly watered and cared for so returning students will have a community space to enjoy; however, this lovely green oasis is quickly turned into a brown dust bowl, largely due to flag football.

Now, I have no ill-will for the flag football athletes. They are talented and dedicated in their sport, but it should not be at the expense of the grass that we walk across each day.

Not only are the large brown patches ugly to look at, but also it does a severe disservice to my

footwear.

I'm sure that my feelings of resentment on this issue are shared by anyone who has had perfectly good shoes ruined on their way to class. A potential solution to this problem could include moving athletic activities across the street to Stanley Park. This would also include Quidditch practices and tournaments.

Another nuisance to having athletic gatherings in a community space every day is the inconvenience it places on students trying to walk by. Not only is the overuse ruining the grass, but it also displaces people who are trying to walk to their destination.

The campus is already overcrowded, so why make it more congested? While feelings of resentment may be shared, I know that there is no solution to the problem in the near future.

All we can do is deal with the dirt and mud, and pretend that this isn't a problem.

# The Westfield Voice

*The objective student press of Westfield State University*

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**Nathan Godard**, Opinions & Editorials Editor

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### General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to

write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

*Do you like to write?*

*Do you like to edit?*

*Do you like to take photos? Selfies possibly?*

*Do you like to socialize with people?*

*Are you human?*

*If the answer was yes to any of these questions, you should write, edit or take pictures for us!*

*We are looking for a photography editor. If you are interested, contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu)!*



# arts & entertainment

FRIDAY, OCTOBER 21, 2016

as of Oct 19, 2016

## Top 10 Singles

1. Say You Won't Let Go - James Arthur
2. Closer - The Chainsmokers ft. Halsey
3. Starving - Hailee Steinfeld ft. Zedd
4. 24k Magic - Bruno Mars
5. Starboy - The Weeknd
6. Don't Wanna Know - Maroon 5 ft Kendrick Lamar
7. My Way - Calvin Harris
8. Sexual - Neiked ft. Dyo
9. The Greatest - Sia featuring Daya
10. Side to Side - Ariana Grande ft. Nicki Minaj

## Top 5 Albums:

1. 22, A Million - Bon Iver
2. A Seat At The Table - Solange
3. The Getaway - Red Hot Chili Peppers
4. Keep Me Singing - Van Morrison
5. A Moon Shaped Pool - Radiohead

## Top 10 Movies:

1. The Accountant
2. The Girl on the Train
3. Kevin Hart: What Now?
4. Miss Peregrine's Home for Peculiar Children
5. Deepwater Horizon

## Upcoming DVDs

1. Lights Out
2. Nerve
3. The Apostate

## Nobel Prize winning musician reluctant to accept award



PHOTO FROM ENDTVING.COM

**Tom Tetrault**  
Voice Contributor

Earlier this month it was announced that this year's Nobel Prize for Literature was awarded to singer-songwriter Bob Dylan.

This decision surprised many, as the award is not generally given to songwriters. According to the Swedish Academy, 75-year-old Dylan is receiving the award "for having created new poetic expressions with-

in the great American song tradition."

Music critics and fans alike have agreed that Dylan's five-decade-long career has done just that, and have supported the Academy's decision.

However, one important person seems to still be "blowin' in the wind" about the decision, and that person is Bob Dylan.

As of Oct. 19, Dylan had yet to accept his award, and the Acad-

emy has said that it's given up trying to reach the award winner, who seems to be dodging them.

Reluctance to accept this award is hardly unlike Dylan. In 2004, when asked about being referred to as the voice of his generation Dylan responding say that, "... if someone just wants to keep it simple and write songs and play them.

Having these colossal accolades and titles, they get in the way."

Dylan has an infamous history of avoiding recognition for his work. The Academy has said that the ceremony will still take place even if Dylan does not go, and the award will still be his.

Dylan is only the second musician to receive the award. He now joins fellow recipients of the Nobel Prize for Literature such as T.S. Eliot, William Faulkner, and Ernest Hemingway.



# Releasing the skeletons: NOFX's new album most raw to date

**David Tauscher**

*Voice Columnist*

To say it's been a good year for music would be a massive understatement. It has been a terrific year! We've seen releases from some of my favorite artists, including Green Day, Dance Gavin Dance, Kanye West, letlive, Young Thug, and more; the list goes on. Coming in hot this fall we have punk veterans NOFX releasing their 13th LP titled "First Ditch Effort." Let me tell you--this has to be their most ambitiously honest and raw release to date. While I enjoyed their last album, "Self Entitled," it took awhile to grow on me.

I felt as if they were really reaching, and it was kind of lackluster. Vocalist Fat Mike just didn't sound into it that time around; to me, his vocals sounded lazy. With "First Ditch Effort," however, NOFX sounds rejuvenated and ready to go.

This could be because the band released their first book, "The Hepatitis Bathtub and Other Stories," earlier this year, so all of their skeletons are out of the closet. Going in and hitting hard from the get go, "First Ditch Effort" starts off with the song "Six Years on Dope," which talks of drummer Erik Sandin's struggle with heroin addiction.

This song really sets the tone for the album. NOFX has been known for their loud, fast, funny, and pretty political songs, but they haven't gotten



too personal up until recently. The next track is titled "Happy Fathers Day," which is about Fat Mike's estranged father. The third track--and one of my favorites on the album--is "Sid and Nancy," written about Sid Vicious from the Sex Pistols and his girlfriend Nancy.

The track also makes references to former President Reagan and First Lady Nancy Reagan. From there we have "California Drought." This track was written about Fat Mike's newfound sobriety.

In "The Hepatitis Bathtub," the band members make note of Mike's growing problem with drugs and alcohol. During the recording of "First Ditch Effort," Fat Mike went to a detox facility for a few

months to get clean. "First Ditch Effort" really brings out a side of NOFX that is rarely, if ever, seen.

The lyrics are darker than they have been in the past, but they are raw and honest. It's good to see the band singing about their demons and insecurities rather than shying away with a tongue-in-cheek take. One song that comes to mind when I type this is the song "Transvest-Lite," which details Fat Mike coming out and telling the world that he loves to dress in women's clothing. He mentions it in the book, but I was surprised when I heard the song on here.

To me, that was the most punk thing ever. I was proud that he came out and said, "Hey

world, I like this and I don't care who knows it." Toward the end of the album we have "I'm So Sorry Tony," which is a tribute to late singer Tony Sly of popular punk band, No Use for A Name. This song is a wonderful and beautiful tribute to their fallen friend.

The album finishes with "Generation Z," which has the band and Fat Mike lamenting at the fact that the world isn't some magical place full of rainbows and sunshine, and that their kids will have to grow up and realize this. What really makes this song stand out to me is that the music juxtaposes the lyrics. While the first half of the song is poppy, the second half is much darker.

The highlights are the guest vocals from Fiona Sly and Fat Mike's daughter, Darla. The addition of the guest vocals, along with the music and the backing narration, make for a cool but haunting track that really leaves you questioning things by the end.

NOFX are veterans within the punk scene and are well-respected. It's good to see that after 30 years, they still have tricks up their sleeves and aren't afraid to sing about their demons.

This album gets two thumbs up from me! I'd give it three if I had a third hand! If you have anything you'd like me to listen to and review next, shoot me an email at [dtauscher1986@westfield.ma.edu](mailto:dtauscher1986@westfield.ma.edu)



# Honest thoughts on Avenged Sevenfold's "The Stage"

**Mike Stender**

*Voice Columnist*

**Avenged Sevenfold** is probably my favorite band from the early 2000's era of hard rock and metal. This is mainly because of their past albums, "City of Evil" and "The White Album." In 2013, the band released "Hail to The King."

Although the album had its moments, I felt as if the band was trying too hard to pay tribute to their influences--Metallica, Guns N' Roses, and Pantera--by recording songs that sounded too similar. It is almost to a point where they seemed to be ripping off their influences rather than paying tribute to them.

An example of this would be the track "This Means War." The guitar riff is almost identical to Metallica's



PHOTO FROM BLOGSPOT.COM

hit "Sad but True." The band's newest song, "The Stage," sounds no different than almost any song off of "Hail to The King." The beginning starts with an eerie synth sound, almost as if it were an opening to a horror movie. It draws the listener in right away, and is a cool introduction.

The synth is followed by a guitar riff by lead guitarist Sinister Gates.

The riff itself is a fast and continuous shredding pattern, similar to the band's single "Hail to The King" from their previous album. Drums and bass soon follow, and the song kicks off with M. Shadows on lead vocals.

The lyrical theme of the song is about humans committing violence against other humans, and how people either partake in the

violence or just sit back, watch it all happen, and do nothing to stop it. A music video released for the song backs this theme up as attendees at a stage show witness puppets from various points in time violently killing each other, including a witch burning and tank warfare from World War I.

In the middle of the song, the loud tone is replaced with a softer gui-

tar riff. At first I thought the song had changed to something else on YouTube. Then I realized it was the same song. After the slow riff ends, the song picks back up to another verse and chorus, totaling 8 minutes and 30 seconds in total length.

Overall, I thought the song was just okay. I still prefer their classics, such as "Bat Country," "Almost Easy," and "Gunslinger." Avenged Sevenfold is a talented band, and I can't wait for their new album *Voltaic Oceans* to be released on Dec. 9, 2016; however, I feel "The Stage" is just a typical song by the band, and it seems unoriginal.

I'm hoping the new album has some stand out moments that are different from "The Stage." I give it 2.5 out of 5 stars.

*Do you listen to music?*

*Of course you do!*

*You should write album and song reviews for The Westfield Voice!*

*Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) if you are interested.*



# gail's guidance

Dear Gail,

The guy that I've been talking to for a while just invited me to sleepover his place for the first time this weekend. How should I prepare myself? Sincerely, Nervous Nancy

Dear Nervous Nancy,

We've all been in your place before. Well, maybe not everyone. Anyway, stay calm. You have few days to plan this out, and a quick trip to Victoria's Secret is in your future. Make sure you pack comfortable clothes; you don't want to be cuddling in bed while wearing the skinny jeans that cut off your circulation and maximize your muffin top. Pack a phone charger just in case the night goes horribly wrong and you need a friend to rescue you. Also, make sure that every part of your body is smooth and bald, besides your head and eyebrows of course. Make sure to bring a small water bottle of vodka to help take the edge off. Unless of course you're underage, in which case I really hope your normal personality is good enough. You've been talking for a while so you should be pretty comfortable with each other. However, make sure he falls asleep first; you don't want him to watch you snore and drool. Also, I recommend arm day for the next few visits at the gym just in case you have to push his hefty body over when he tries taking up the whole bed. Lastly, sleep with your makeup on; he's probably not ready for the truth yet.

Best of luck,  
Ya girl Gail

# horoscopes

**Aries**  
(March 21-April 20):

You will exchange words that may or may not be interesting.

**Taurus**  
(April 21-May 21):  
You will find your soul mate this week. Look to your right; if there's no one sitting there... well, sucks to be you, I guess.

**Gemini**  
(May 22-June 21):

Just keep being awesome! You are beautiful!

**Cancer**  
(June 23-July 22):  
Things will get adventurous this week! Just watch out for the clowns.

**Leo**  
(July 23-August 23):  
A magical pony flying in the sky

will take you on a magical journey to save your life.

**Virgo**  
(August 24-September 22):

You will realize what's been holding you back all this time.

**Libra**  
(September 23-October 22):  
There is so much luck in your future! There will be stinkbugs in your

bed.  
**Scorpio**  
(October 23-November 21):

Now's the time to think about bananas.

**Sagittarius**  
(November 22-December 21):  
Strange things will happen this month; you might start craving artichokes.

**Capricorn**  
(December 22-January 19):

You will find a radish that looks like you.

**Aquarius**  
(January 20-February 18):  
In the near future, you will meet a man with a giant mustache.

**Pisces**  
(February 19-March 20):  
You will sneeze uncontrollably one day, and then walk into a door.



# lifestyle health & wellness

FRIDAY, OCTOBER 21, 2016

## Healthy habits: college student edition

**Kara Fluet**

Voice Contributor

### Introduction

Eating healthy and balancing a healthy lifestyle as a college student may seem pretty impossible. It is so easy to get swept away in all the unhealthy choices that the dining hall offers you.

We step into the dining hall and our noses instantly attract us to the cheesy, steaming-hot pizza; the sizzling burgers; and the chocolatey hot fudge at the ice cream station. But actually, eating healthy in college is easier than you think.

In reality, most dining halls provide plenty of nutritious options. So, next time you find yourself swiping in for breakfast, lunch, or dinner, take a lap around and seek out your options.

### Do you want to eat healthy in college?

Why grilled and not fried? When grilling foods, the food is cooked by thermal radiation. Grilled foods have a reduced fat con-

| Instead of...                           | Try...                                      |
|-----------------------------------------|---------------------------------------------|
| Fried foods                             | Grilled/baked foods                         |
| Refined grains (white bread/white rice) | Whole grains (whole wheat bread/brown rice) |
| Ramen                                   | Canned low-sodium minestrone                |
| French fries                            | Baked potato or sweet potato                |
| Sweetened drinks                        | Water or seltzer                            |
| Baked goods, ice cream, other desserts  | Fruit                                       |
| Late night snacks                       | Drinking tea                                |

tent because the fat drips off as the food cooks. Fried foods are typically dipped into a fryer or pan that contains very hot oil or fat. Fried foods absorb a lot of fat, and when eaten, it increases the blood cholesterol level. Many fried foods can be grilled as a healthier alternative. Grilled foods also have lower calorie content than fried foods. *Why whole grains and not refined grains?* Whole grains have a lot of their nutrients, like fiber and protein, which are good for digestion and keeping you feeling full. Whole grains also contain a lot of vitamins and minerals, like antioxidants and other vitamins, while refined grains like white flour are filled with nutrients to make up for the ones

lost in the processing. As a result, many of the nutrients aren't replaced.

*Why drink tea instead of eating late night snacks?*

Yes, we all have done it. As a college student sitting in your room, it is so easy to reach into your handy box of snacks and start chowing at 11 or 12 at night. Especially while doing work, we never actually realize how much we eat, which is a major issue. Not only is nighttime snacking the reason behind weight problems, but also it messes with a person's self-esteem. Tea is a substance that relaxes your body, and it also fills up your stomach so you don't have those food cravings. Herbal teas are brewed from flowers, leaves,

and roots of plants and usually contain no caffeine, therefore counting towards your everyday water needs. Whole milk:

Whole milk can provide essential proteins and extra calories from fats, as well as vitamins and minerals for infants and the elderly. On the other hand, milk that is not fat-free is high in both saturated fat and calories, which is bad news for people with heart problems, high cholesterol, and those trying to lose weight.

Soy milk: The good thing about soy milk is that it's a good source of protein, vitamin A, B12, vitamin D, and potassium. Soy milk contains almost as much protein as cow's milk, yet is lower in calories and comparable to skim milk.

Too much soy, however, may be a problem for those with thyroid disease or other conditions. *Tips:* Eat a variety of different foods; do not skip meals; eat a balance of lean protein; eat high fiber carbohydrates; balance in healthy fats such as oils, nuts, and fish; and drink plenty of water. Dining Hall Healthy Finds: Cooked vegetables, salad bar, omelets, veggie stir fry, grilled chicken, sushi, wheat wraps, smoothies, yogurt.

Dorm room necessities: Snacks: Rice cakes, whole grain crackers, energy/protein bars, granola bars, fruit, nuts (unsalted), oatmeal, trail mix, vegetables, string cheese, popcorn (unsalted/no butter), yogurt, hummus, pita bread, chips and salsa. Microwavable: Eggs and bacon, frozen chicken breast, frozen steamer bag of vegetables, frozen fruits, baked potatoes, pasta and sauce, soup, rice, beans, vegetarian burrito bowl.

Kara wrote this article for Prof. Mary Keator's English Composition 101 "Writing and Rhetoric: The Good Food Revolution" course.



# Customizable Cucumbers: a guide to cucumbers in college

**Kristin Abbaspour**  
Voice Contributor

## Why cucumbers?

Crunchy, watery, cold, little taste: what's not to like? They're a universal delight! As a child, I remember growing cucumbers in the garden by my house, scooping up soil with a tiny shovel and thrilled to be covered in dirt while my mom supervised in a big, floppy sunhat. We would go outside to check on them every day, and they grew really fast!

Everything about cucumbers is a tradition in my family. As the daughter of an Iranian father, much of my identity comes from Iranian food: how it's prepared, what the ingredients are, the history behind the food, etc. Many evenings my father and I would slice some cucumbers to make a side salad for dinner.

Cucumbers are those typical foods that everyone has eaten at least once in their life. Cucumbers play a huge role in Iranian food. Some cucumber recipes include: khiar shour (pickled cucumbers); mast-o-khiar (yogurt and cucumber); Shirazi salad (Persian salad); and salad olvieh (Persian potato salad). In Iran, they have a special variety of cucumber aptly named the Persian cucumber.

It's smaller and much more flavorful than the usual cucumbers eaten here in the United States, but for most recipes, this doesn't matter. The Persian cucumber is grown year-round in Iran, and is typically eaten fresh and with the skin as a simple, no-prep snack, similar to the way Americans eat apples. You can grow your own!

In order to grow cucumbers, you would usually need pollinators to fertilize the cucumbers flowers. This wouldn't be a problem if they were planted outdoors, but since we are talking about growing food in a college dorm setting, you need a parthenocarpic cucumber variety. Parthenocarpic means that the fruit will develop without prior fertilization.

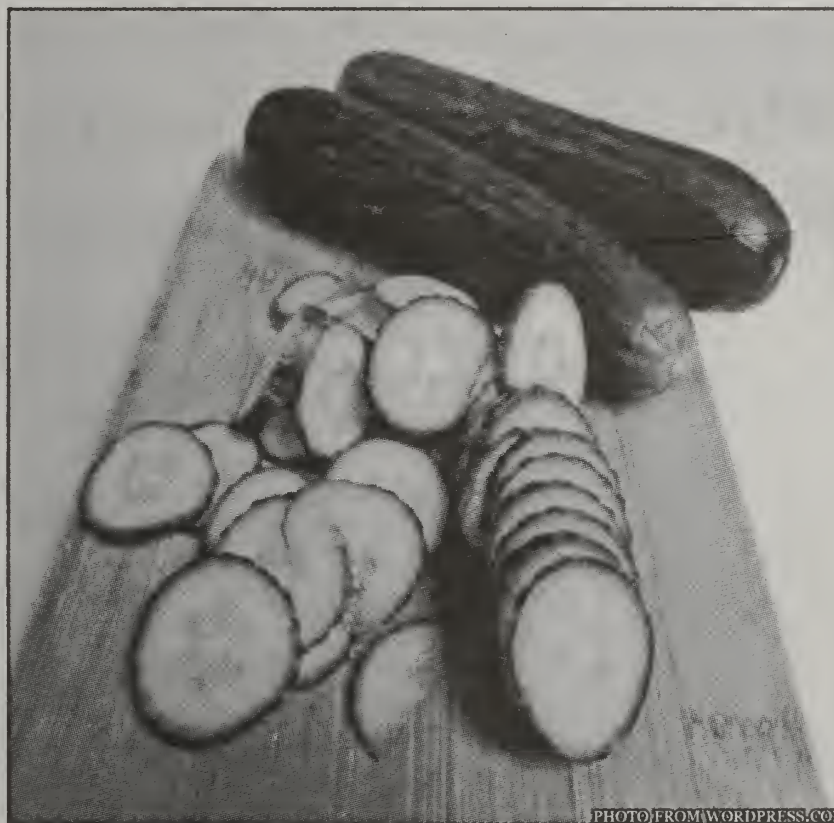


PHOTO FROM WORDPRESS.COM

They thrive in a warm environment, so your dorm will be the perfect place! Make sure they have a lot of sunlight, so open your blinds to let the light in. This has the added benefit of getting you up in the morning so you don't miss your class!

The PH level of the soil should be between 6.0 and 6.5, but you won't need to worry about that. All you need to do is go to your local gardening center (or even just Amazon.com) and get a pot for a few dollars, potting soil for the same cost, and some parthenocarpic cucumber seeds. The seeds cost one dollar, at most. Place the cucumber seeds 1/2 inch into the potting soil. The Benefits

Cucumbers are 96% water, which is a great way to stay hydrated. According to Dr. Mercola, cucumbers contain Fisetin, a flavonoid phytonutrient antioxidant that is being looked at for its benefits in chemoprevention for cancer, neurotrophic, anti-carcinogenic, anti-

inflammatory, and other properties.

They are around thirty calories for a medium cucumber. They contain 420 mg of potassium. This is good for regulating blood pressure, fluid balance, and electrolytes in the body. Pickling is also said to have health benefits such as improved digestion through healthy bacteria and supplying vitamins and minerals to the body. Cucumbers are also good for cost savings.

You don't have to spend as much money on ramen noodles and other unhealthy snacks! Simple Recipes Khiar Shour (Persian Pickled Cucumbers) A traditional and simple food, pickling produce is a timeless way to make your food last longer and add some taste in the process!

The ingredients you will need for this recipe include: a twenty ounce canning jar; two medium homegrown cucumbers, totaling around six ounces; one cup of water; one cup of distilled white vinegar; two tablespoons of kosher salt; two tea-

spoons of sugar; two sprigs of dill; two cloves of garlic; two teaspoons of whole yellow mustard seeds; and any other spices, if you are so inclined.

The first step is to cut the cucumbers into slices with the ends off. Your second step is to tightly pack the cucumbers into the jar. Next, you need to boil the water; you can use the microwave in your dorm room for this. The last step is to pour the seasonings, salt, water, and vinegar into the jar and seal it tightly. After waiting one week, you can eat them! Mast-o-Khiar (Persian Cucumber Yogurt) A delicious, cold treat revered by Iranians everywhere; this is sure to bring a bounce to your step!

The ingredients you will need for this recipe include: three medium homegrown cucumbers; two cups of plain Greek yogurt; a quarter cup of Vidalia onion or shallot; one tablespoon of dried, crushed mint leaves (or grow and dry your own!); a quarter cup of garlic; and half of a tablespoon—or to taste—of table salt.

First chop up the cucumbers and onion or shallot. Next, crush the garlic. Then, place all the ingredients into a bowl and mix well. Make sure to refrigerate for one to two hours before serving to ensure a refreshing dish. Salad Shirazi (Persian Salad) A healthy and delicious take on salad, this combination is an Iranian favorite!

The ingredients you will need for this recipe include: five medium homegrown cucumbers; three Roma tomatoes; half of a cup of Vidalia onion or shallot; one tablespoon of salt; one lime; one tablespoon of white vinegar; and, optionally, one tablespoon of fresh mint leaves. To make Salad Shirazi, first chop the cucumbers, tomato, and onion. Mix these together well with the salt.

Then, place all of the ingredients into a bowl and mix well. This recipe is best eaten after a few hours cooling in the refrigerator.



# Owls athletics

FRIDAY, OCTOBER 21, 2016

## Women's Volleyball 4-1 in Conference Play

**Tim Jaroche**

*Sports Editor*

**This season, the women's volleyball team is 11-14 overall and 4-1 in conference play. Most recently, they have lost two games in a row and are looking to get back on track on Saturday against Mt. Holyoke College.**

On Wednesday, they played at home against Western Connecticut State who ended up winning in three sets. In the first set, Western Connecticut went up 4-1 early and stayed one step ahead the rest of the match. Not until late in the first set did Westfield score consecutive points. Down 23-14, two kills and an ace made it 23-16 before Western Connecticut made a kill and scored off a hitting error to end the first set.

Westfield looked a lot more competitive in the second set. This time, Westfield didn't let Western Connecticut take an early lead, tying them at three before going up six to three. Staying neck and neck with each other,



both teams were tied at nine, and again at eleven.

From then on, Western Connecticut took the lead and Westfield found itself playing catch up once again. Down 22-20, Westfield's Rachel Malanga was assisted on a kill by Brigid Murray. Both teams exchanged kills until Western Connecticut's Karissa Smith put the last point on the board with a kill. This match ended 25-23. In the

third—and, in this case, final—set of the match, the Owls weren't able to continue their momentum from the previous match. Down eight to five, Westfield got stuck in a rut.

Western Connecticut went on a six-point run, which was ended by a serving error. Down 14-6, Westfield had dug themselves a considerable hole that they wouldn't be able to climb out of. At 23-12, they went on a small run, including

three kills and an ace leaving them six points behind. The final score of this set was 25-16.

There are five games left in the regular season before the MAS-CAC women's volleyball tournament. The only conference game left is against Massachusetts Maritime Academy on Oct. 29 at the Woodward Center. Later on that day, you can see them play Nichols College at 3 P.M. With a 4-1 in conference record, the only

team ahead of Westfield is a 4-0 Framingham State. MCLA, Bridgewater State, and Worcester State are all 2-2, and Salem State is at the bottom of the pack at 1-4, just above the winless Massachusetts Maritime.

Once the regular season wraps up on Oct. 29, look for Westfield to win a few tournament games as they will be well-prepared, having played a lot of tough teams from other conferences.



# Momentum swings propel Patriots over Bengals

**Kyle Finnamore**

*Voice Columnist*

Another week, another victory for the New England Patriots, who are now 5-1 on the season and 2-0 since the return of quarterback Tom Brady. On Sunday, the Patriots were able to capture a 35-17 win over the Cincinnati Bengals to retain the top spot in the AFC East, as well as capture the top seed in the entire AFC.

The game also marked Brady's first appearance at Gillette Stadium following his four-game suspension, and the star did not disappoint. The crowd was electric in Foxboro on Sunday, and it all started with a video montage that featured Brady highlights, pump up music, and a large Gillette Stadium welcome home for Tom Brady.

Not only would that rile up the crowd, but also the Patriots delivered what would end up being a convincing victory over a resilient Bengals team. The game started out slow for New England, with the defense allowing Andy Dalton and A.J. Green to connect all over the field.

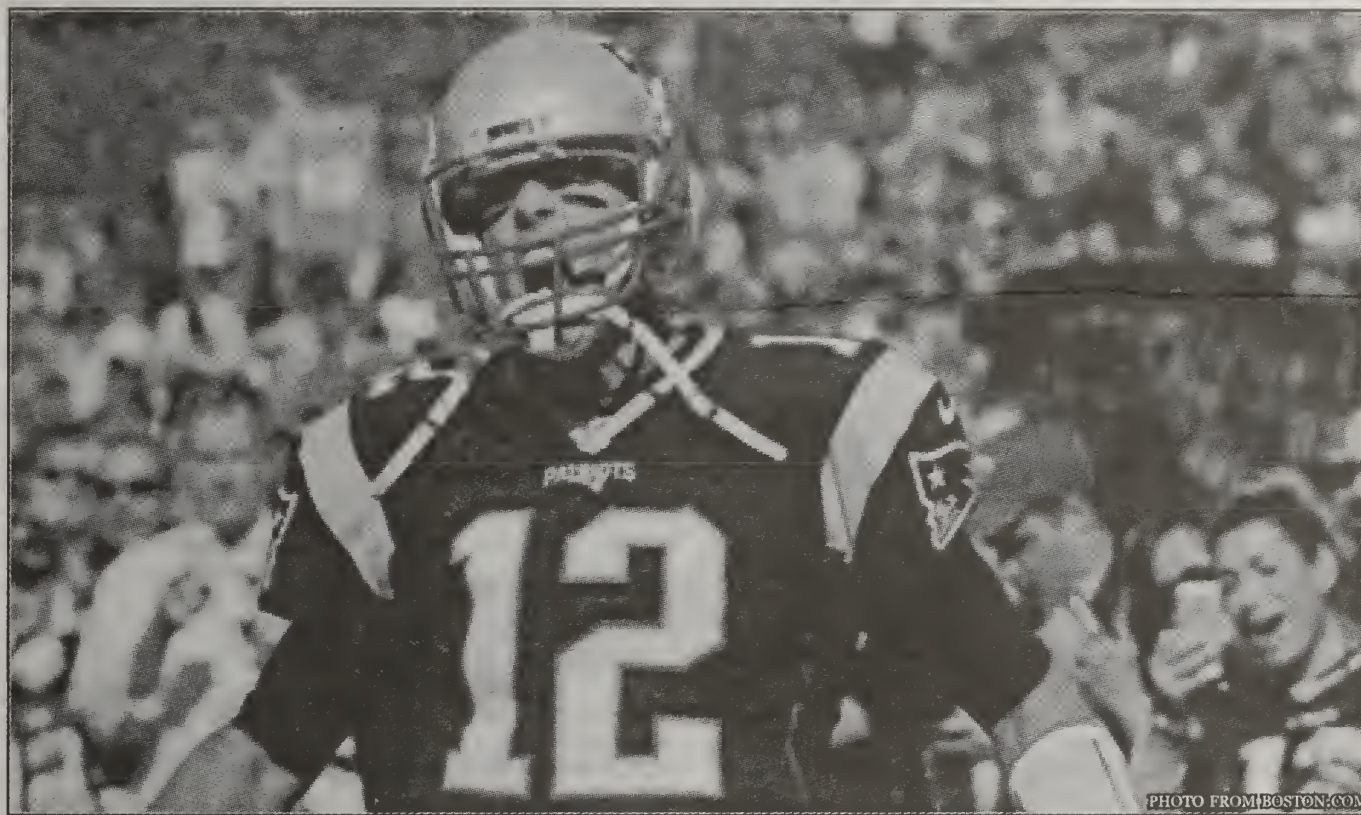


PHOTO FROM BOSTON.COM

The Bengals were able to drive fairly easily in the first half, but a key goal-line stand for the New England defense would swing the momentum in their favor. Midway through the second quarter, Cincinnati put together a long, sixteen-play, 89-yard drive that appeared to be leading to a ten-point lead heading into half time.

With their backs against the wall, New England was able to stop Cincinnati on the goal line and force a turnover on downs. The Patriots would eventually convert an eight-play, 75-yard

touchdown drive that would propel them to a first-half lead of 10-7.

It was not exactly smooth sailing for the Patriots in the first half, and that trend seemed to continue into the beginning of the second half.

The Bengals received the ball first and drove right down the field for a touchdown, giving them the lead once again at 14-10. On the ensuing drive, the Patriots were once again forced to punt after a three and out, with massive pressure being put on Brady.

It looked as if the

Bengals were primed for another long drive to put them up by two scores, but Dont'a Hightower was able to break through the Bengals offensive line and take quarterback Andy Dalton down for a sack and safety.

The play would prove to be a momentum shift for the Patriots and they would not look back, outscoring Cincinnati 25-3 for the remainder of the game. The game proved to be extremely positive for the Patriots, beating a desperate, underperforming Bengals squad.

The offense looked

to be getting back into their true form, implementing all of their weapons into the game plan. The defense looked a bit shaky at times, but stayed true to their "bend, don't break" mentality, not allowing the Bengals into the end zone very often and limiting star wide receiver A.J. Green.

Overall, New England should be pleased with the effort put forth on Sunday and hope to continue their momentum into week seven in Pittsburgh against a Ben Roethlisberger-less Steelers team.



from **BUCKMAN** on page 1

What followed was a beautiful and perfectly crafted speech that truly showed Dr. Torrecilha's commitment and compassion to Westfield State.

He spoke about his early life as an immigrant struggling to learn English while trying to make a name for himself in a new, big country. He referenced his days as a Sociology profes-

sor at California State University, Dominguez Hills, and how he's always had a deep longing to help others and refine the admission processes at public universities. He led us through his life of struggles against diversity that ultimately led to where he is now, which he says is his ultimate dream. Dr. Torrecilha is a perfect fit for this university, and proves to embody the very same ideals as our founder,

Horace Mann. His dedication to education and the wellbeing of both his staff and students make him perfect for the job, and the investiture on Friday is evidence of how well he will fulfill his role each and every day.

He will no doubt be a great fit for Westfield State University, and I believe I speak for everyone when I say that I am proud to be a student during his first year as president.

from **MERCER** on page 3

whether with a dean or in a committee, are meant to be collaborative.

"These meetings should be, and often are, brainstorm sessions to get their ideas out there," he said.

Above all, though, Jacob's passion is serving the students, and he wants people to know that that's what this position is meant to do.

"The VP of academic life is working for the students, and should always be working for the students," he said. "We are giving as much as we are receiving.

As for the most challenging part about being on SGA?

"Trying to represent all the students," Jacob said. "There are groups on campus and students on campus that don't feel well-represented on SGA, and to me personally, that's really upsetting."

Jacob acknowledged how hard it is to fix this issue, and how unsure he--as well as many others--is as to how to fix that.

"What's just really challenging is being a white male and trying to represent everyone on campus and feeling like they look at me and think, 'he doesn't represent me.' And I feel like I would feel the same way if I was in their position," Jacob said.

Despite these challenges, Jacob's exudes love for serving the students of Westfield and for SGA in general. Though many trials and tribulations ensue, the positives of his position on the executive board far outweigh the negatives.

"There's something about it," he said of SGA. "Though it's challenging, it does feel rewarding. We do make change on campus."

As for Jacob's favorite part about being on the executive board?

"The team. We are such different personalities that mesh together just the right way this year," he said. "And it's incredible how cohesive we are."

When I asked him what he loved about Westfield State in general, he laughed and replied right away.

"The regular cliché term," he said, "which is the community. We are a community-driven campus, and that is because of our size, and I love our size."

Jacob is the type of person who strolls across campus with a smile on his face and pep in his step. His outgoing, fun-loving personality shines wherever he is on campus, and he loves the opportunity that Westfield's smaller campus gives him to see people he knows wherever he goes.

"I love being able to walk by a group of people and know two or three of them. I love being able to walk by tour groups and knowing the tour guides and being able to say 'Hey! And that looks good!'" he said.

I also asked Jacob what he wanted people to know about SGA in general.

"I want them to know that SGA is for them," he said. "Come join, come visit us, and if you come down and you feel like we aren't giving you our all, call us out on it."

Jacob also candidly acknowledged what he wanted people to know about himself in the role of VP of Academic Life.

"I want people to know that I have this position and that I'm working for them," he said. "I want people to know that I am trying my best, al-

ways, but sometimes my best isn't 112%."

I was curious to know what Jacob would say to someone considering running for an SGA position.

"Do it. You won't regret it," he said. "Even if you only do it for a year or a semester. It's an amazing opportunity to be involved, and you literally have your finger on the pulse of this campus."

His response to someone considering running for an exec. position? Jacob said that they "should be ready for a lot of work, and a lot of behind the scenes work before it even hits SGA meetings."

As for someone considering running for his exec. position specifically, Jacob noted that it's a very time-consuming job, of which a lot of free time is dedicated to working for the students, consisting of various committees, projects, meetings, etc.

"You need to make the position you're everything for a year," he said.

As Jacob's time at Westfield State dwindles--his spring 2018 graduation date fast approaching--he has a lot that he wants to do with the handful of semesters he has left.

"I want to continue to be the student leader that am. I want to continue being a voice for the students. I want to continue being a face for the students, someone the administration recognizes when they see my face down the hallway," he said.

Two people that have inspired Jacob during his time here at Westfield are Carolyn Clini and Matt Dellea.

Jacob has known Carolyn, the assistant library director, since he began working there his freshman year. Carolyn is

an alum of Westfield, and after she got her masters in library science, she came back to work in the Ely Library.

Jacob noted that he, too, would love to work in Westfield's library someday, following closely in Carolyn's footsteps.

As for something that Jacob admires about Carolyn, he pointed out her ability to never take on more than she can handle. He sees this quality in her and wants to emulate it, emphasizing the importance of this quality on one's health. Jacob was, however, very happy when she accepted the invitation SGA extended to her to become one of their advisors.

"She saw us as a priority and something that she could be involved with," he said.

Matt Dellea, a 2011 alum and the coordinator of student activities, is another member of the Westfield State community that Jacob looks up to.

"I see a lot of myself in Matt Dellea," he said. "It's really nice having someone around that you can see yourself being like."

Jacob's friends and fellow executive board members had nothing but wonderful things to say about him.

Danny Chamberlain is the vice president of CAB, a representative-at-large on SGA, and one of Jacob's good friends.

"Jacob is the type of person who will drop what he's doing to help you," Danny said. "No matter who you are or what the problem is, he will always try to help."

Brendan McKee, the VP of Student Life and one of Jacob's roommates, works closely with Jacob on the executive board and pinpointed his dedication to his work as the VP of Academic Life.

"I've seen how devoted Jacob is towards making sure that the academic process is easily laid out for students and that everybody has access to all necessary academic resources," Brendan said. "All in all, he really does a fantastic job representing students here at Westfield and making sure that everything is fluid in the academic aspect of campus."

Marcus DiBacco, another of Jacob's friends and the vice president of finance, addressed

Jacob's hard work.

"He is always willing and able to answer any question that a student or myself may have," Marcus said. "Jacob's connections and knowledge are crucial and our school as a whole is extremely lucky that he enrolled at Westfield State."

Hanna Christ, one of Jacob's closest friends and the treasurer/secretary on CAB, commented on how lucky she was to work with Jacob on campus.

"He is one of the friendliest, most dedicated, enthusiastic, and hardworking people I know," Hanna said. "Jacob is a true asset to this campus community."

Jacob's future looks incredibly bright, and he has some big plans ahead of him. Post-graduation, Jacob hopes to receive his masters in library science, with the intent of becoming a public library director. He is also considering working in higher ed. in an academic library, citing that it could be a good opportunity to work up in academic affairs.

Aside from his future academic plans, Jacob's eyes lit up when he told me he plans on traveling. In particular, France seems to be the number one stop in Jacob's mind.

"Paris is my favorite place in the world," he said, "and I'd love to live there even for a year just to say 'hey, I lived in Paris!'"

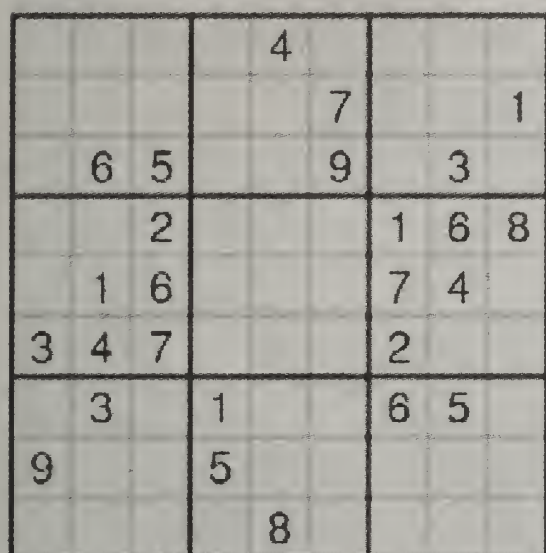
He even mentioned the possibility of working as a librarian in Paris, which, to me, seems like the perfect fit, though Library of Congress is another dream possibility for Jacob.

"I want to end up somewhere really random where I never saw myself and just do it," he said. "Whatever happens, happens."

It was such an honor getting to sit down with Jacob and discuss the important role he plays at this university, one that very rarely gets the recognition it deserves.

Next time you see Jacob on campus, I'm sure he'll be smiling away. Be sure to say hello and smile back; you will not regret it.





## Baby

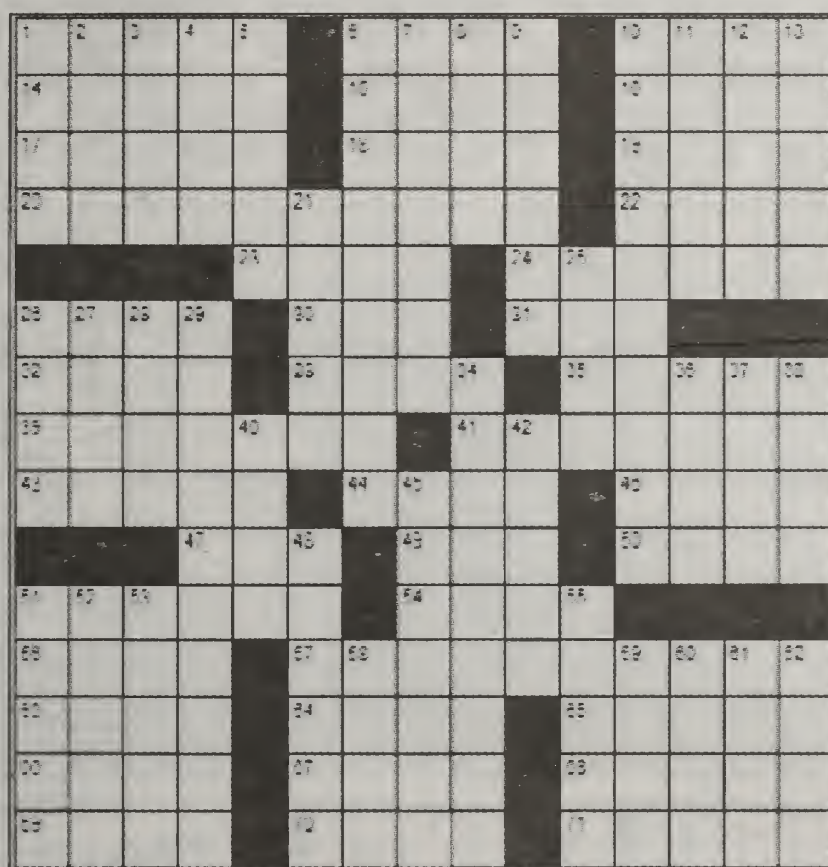
BOTTLE RATTLE CRYING DADDY DIAPER DROOL FEED FORMULA GIGGLE GRIN HIGHCHAIR HOODIE INFANT INNOCENT JUMPER LAUGH

ALERT AWAKE BLANKET BODYSUIT BOOSTER SEAT BOTTLE BOWL CAR SEAT CARRIER COLIC CREAM CRIB CRYING DADDY DIAPER DROOL FEED FORMULA GIGGLE GRIN HIGHCHAIR HOODIE INFANT INNOCENT JUMPER LAUGH

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MONITOR  
NURSERY  
ONESIE  
PACIFIER  
PARENTS  
PLAY  
POWDER  
RASH  
RATTLE  
RUBBER DUCK  
SIPPY CUP  
SKIN CARE  
SLEEP  
SMALL  
SMILE  
SPOON  
STROLLER  
SWING  
TEDDY BEAR  
TEETHER  
TIRED  
WIPES

# Games & Leisure Maze



### ACROSS

1. Anagram of "Balsa"
6. An abandoned calf
10. Competent
14. Hard wood
15. Largest continent
16. Average
17. Muslim jurist
18. Enumerate
19. Insulation
20. Number of people present
22. Pang
23. Mongolian desert
24. Bacon serving
26. Bottomless
30. Put clothing on
31. Aye
32. Sea eagle
33. "Comes and \_\_\_\_"
35. Fertile area in a desert
39. Urinary organs
41. A piece of jewelry
43. S S S S
44. God of love
46. A single time
47. Explosive
49. Altitude (abbrev.)
50. 500 sheets

### DOWN

51. Edict
54. Bearing
56. Shade of blue
57. Specter
63. Curtail
64. Jacket
65. Slight color
66. Salute
67. Desire
68. Anagram of "Sneer"
69. Balm ingredient
70. P P P P
71. Adjust again
1. Chancel
2. Adjoin
3. Not hard
4. Pot
5. Prevaricating
6. Jailhouse
7. Laughable
8. Platter
9. Diner
10. A high ranking diplomat
11. Shore
12. Wood shaping machine
13. Go in
21. Of doubtful quality

### (British)

25. Many millennia
26. Apollo astronaut Slayton
27. Goddess of discord
28. Terminates
29. Capable of being penetrated
34. Pillages
36. Rational
37. Ancient Peruvian
38. Flower stalk
40. Feudal worker
42. A chemical compound
45. Violent disorder
48. A small mug
51. Russian country house
52. Identical
53. Oddity
55. Fertilizer ingredient
58. Minute opening
59. Rubber wheel
60. Hotels
61. Curved molding
62. Where a bird lives







## THIS WEEKS EVENTS



| Date  | Time   | Event Name                                                | Location           |
|-------|--------|-----------------------------------------------------------|--------------------|
| 10/21 | 5:00p  | MTD Presents: Dinner At Eight. Dead By Nine. Tic. \$10    | Spaulding Bldg     |
| 10/21 | 7:00p  | Field Hockey v. Worcester State                           | Alumni Field       |
| 10/22 | 12:00p | Football v. Bridgewater State                             | Alumni Field       |
| 10/22 | 5:00p  | Soccer v. Bridgewater State                               | Alumni Field       |
| 10/22 | 7:00p  | WSKS Concert                                              | Qaf's Nest         |
| 10/24 | 5:30p  | Student Celebration                                       | Interfaith Center  |
| 10/24 | 6:30p  | Food Justice: Interfaith Perspectives on Healthy Eating   | Dining Commons     |
| 10/24 | 6:00p  | FREE Math MTEL Practice Workshops                         | Wheat Hall         |
| 10/24 | 6:00p  | Mr. Westfield Interviews — The Crowd The Scent The Glory! | SGA Club Room      |
| 10/25 | 4:00p  | Career Chats                                              | Courtesy Hall      |
| 10/26 | 11:30a | Commiserate Luncheon                                      | Yelson Room        |
| 10/26 | 12:30a | Late & Lunch — Live Music at the DC!                      | Dining Commons     |
| 10/26 | 1:00p  | Field Hockey v. St. Mary's                                | Alumni Field       |
| 10/26 | 7:00p  | Chilleridge Man Hunt                                      | Ely Lower Lounge   |
| 10/27 | 11:00a | Fun Friday — PET THE PUPPES!                              | Commons Green      |
| 10/27 | 3:00p  | Multicultural Student Association Meetings — Open to all  | Unity Room, 110    |
| 10/27 | 7:00p  | Mr. Westfield Interviews — The Crowd The Scent The Glory! | Unity Room, 110    |
| 10/28 | 3:30p  | Yoga                                                      | Ely Fitness Center |
| 10/28 | 6:00p  | Spooky Bag Bags                                           | Spaulding Bldg     |

Happy Halloween!

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to [www.westfield.ma.edu/studentactivities](http://www.westfield.ma.edu/studentactivities)

email [whaler@westfield.ma.edu](mailto:whaler@westfield.ma.edu) if you would like to advertise your event on the outdoor screens and student activities calendar

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
Fri & Sat 7 a.m. to 9 p.m.

### Ely Harvest

Mon-Fri 7 a.m. to 11 p.m.

### The Perch

Sun - Thurs 9 p.m. to 1 a.m.  
Fri & Sat 9 p.m. to 2 a.m.

### Dunkin' Donuts

Mon - Fri 7 a.m. to 11 p.m.  
Sat & Sun 10 a.m. to 10 p.m.

### Wilson Cafe

Mon - Thurs 8 a.m. to 8 p.m.  
Fri 8 a.m. to 6 p.m.  
Sat & Sun closed

### Garden Cafe

Mon - Fri 8 a.m. to 2 p.m.  
Sat & Sun Closed

### TJ Bistro

Mon-Thurs 8 a.m.-12 a.m.  
Fri 8 a.m.-1 a.m.  
Sat 10 a.m.-1 a.m.  
Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
Sat - Sun 5 p.m. to 1 a.m.

### Ely Library

Mon - Thurs 8 a.m. to 12 a.m.  
Fri 8 a.m. to 5 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 1 p.m. to 12 a.m.

### Ely Wellness Center

Mon - Thurs 6:30 am to 10:30 pm  
Fri 6:30 a.m. to 7:30 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 12 noon to 10:30 p.m.

### Bookstore

Mon & Thurs 9 a.m. to 5 p.m.  
Tues & Wed 9 a.m. to 7 p.m.  
Fri 9 a.m. to 4 p.m.  
Sat 12 noon to 4 p.m.  
Closed Sunday

### The Westfield Voice's Office

Mon 6:30 p.m. to 9 p.m.  
Tues 6:30 p.m. to 10 p.m.  
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528





## President Torrecilha answers questions at latest SGA meeting

**Ryan Caulfield**  
SGA Correspondent

Dr. Ramon S. Torrecilha, Westfield State University's president, paid the Student Government Association a visit to hold a long and productive Q&A with the senators. Along with the president's appearance were three financial proposals brought to the SGA by the Student Theater Association (STA), the Jewish Student Organization (JSO), and the Business club. Here are the highlights from the meeting.

President of the SGA, Matthew Carlin, and the SGA senators gave a warm welcome to President Torrecilha, making this the 20th president's first official meeting after his Investiture on Oct. 14.

President Torrecilha began the meeting by breaking down the number of students on campus—totaling a little over 6,000—a combination of undergrad and continuing education students. He said that having a healthy number of students and supporting each of them is what Westfield State is all about.

The new Science Innovation Center has been successful and all about the students, Torrecilha said.

"The whole building is really student space. Classrooms and labs, and you do not really see faculty offices,"



President Torrecilha stands before the Student Government Association to answer questions during the long, but productive Q&A session with the senators.

said Torrecilha.

He also said that the dedication for the building will be in the 2017 spring semester, and that they are still searching for a donor to name the center after.

He then moved on to the dining service changes at the university. Since early July Westfield has enlisted the expertise of UMass Amherst Dining to assist with the transition to a self-operated dining system.

"With any transition it can be difficult at first," Torrecilha said, "and the reports I am getting is that students

and faculty really like the food now."

He said the challenge to institutionalizing the dining service with the campus is through the "food to fork" program. The program allows Westfield to purchase food from local and regional providers for students at the Commons.

Torrecilha closed his opening by saying he has already met with all class councils about future commencement plans. He said he would like to find viable, logistical options to have commencement back on

campus for future classes. The class of 2017 will be having their commencement at the MassMutual Center in downtown Springfield.

The president opened the floor for any questions the senators might have, and a plethora of hands were raised, all questions ranging in topics about the University.

Marcus DiBacco, vice president of finance, asked if there would be plans to include every academic department in the Center of Undergraduate Research and Creative Work (CUR-

CW) program. The presentation for the program last spring left out a few majors, including the University's most popular, Criminal Justice, DiBacco said.

Torrecilha said while some academic departments already have research centers embedded within their curriculum, he stated that a small grant will be presented to every academic department so they can find ways to start implementing a curriculum based on research.

"We're trying to make sure that [CURCW] touches every student in every department," he said.

see CAULFIELD on page 18

### In this week's issue

#### Campus News & Life SGA

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The objective student press of Westfield State University

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FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, OCTOBER 28, 2016

## News from other schools

**The Berkeley Beacon**  
*Emerson College*

The student Government Association allocated \$9,985 to Kidding Around—a student theater company for young audiences—for the 2016-2017 academic year.

**Harvard Crimson**  
*Harvard University*

Harvard will pay its full-time dining workers at least \$35,000 a year under a new contract. This comes after 22 days of protests that have closed dining halls across campus.

**The Washington Square News**  
*New York University*

A club dedicated to the video game Super Smash Brothers is now on campus. 350 people are currently in the Facebook group.

**The Daily Collegian**  
*U. of Mass Amherst*

NYU students will no longer have to pay for menstrual hygiene products starting in the spring 2017 semester. The tampon tax movement announced the news.

## Parking challenges create campus-wide dilemma

**Emily Spakauskas**

*Voice Contributor*

**Mike Witts**

*Voice Contributor*

Starting the fall semester of 2016 students and faculty have taken notice to worsening parking conditions at Westfield State University. There has been a clear-cut difference in opinion from the students versus the administration.

Commuter lot fills up quickly, and students are forced to circle campus looking for empty spaces. Sometimes commuters are forced to park in South Lot, adding a fifteen minute walk to campus to their commute. Commuter James Turowsky said he can never get a spot in commuter lot.

"If I'm paying for a commuter pass I should be able to park in Commuter, not in South Lot," Turowsky said.

There has been talk amongst students about why this semester in particular seems to have a lack of parking spaces, but it seems that no one



PHOTO FROM SMUGMUG

has a straight answer. Some students have attributed the crowdedness to construction, Public Safety giving out too many decals, and an increase of students with cars on campus this year. Carlton Pickron, Vice President of Student Affairs, commented from an administrative point of view.

Carlton knows that in the first two weeks of the semester Public Safety refrains from ticketing students as a grace period for those

who haven't gotten their physical car decal yet. From his knowledge and relationship with Westfield State's Public Safety unit, he confidently attributes the lack of parking spaces to a number of things, including students who are parking where they aren't allowed; taking advantage of the two-week grace period; faculty and students all being on campus at the same time (9:15 a.m. – 2:00 p.m.); and miscommunication be-

tween students and faculty on what lots you can park in.

"I have noticed that every year there is a 15-20% loss of student population come springtime, every fall there are more students enrolled than the spring," Pickron said.

They have added 50 more spots at the Dower Center, where construction workers only take up about 6-8

see **SPAKAUSKAS & WITTS** on page 18



# The Student Government Association's Executive Board: A Profile Series

## Marcus DiBacco

### Sandra Mercer

Head Copy Editor

*The Student Government Association's executive board consists of eight Westfield State University students dedicated to the embetterment of the campus community. These eight people spend countless unpaid hours working toward creating a more inclusive, productive, and efficient university. Over the next eight weeks, these students will be highlighted in a profile series documenting their lives before, during, and after Westfield State.*

**Marcus DiBacco, a sophomore at Westfield State University and the Vice President of Finance, leads a busy life. Trying to balance school work, extra-curriculars, and fun can be challenging as a college student, but Marcus takes this in stride and manages to do all of it, seemingly with ease.**

Marcus grew up in the small town of Norfolk, MA, which sits right between Boston and Providence, and just to the west of Foxboro. He told me that he was a very outgoing, friendly kid growing up, which did not surprise me in the slightest.

"I knew just about everyone and I never shut up," he said. "In kindergarten my teacher moved my desk next to hers so I would stop talking to other students so much. Instead I began talking to her."

Marcus says his personality ultimately paid off, because everyone really knew him when it came time for student council and government elections. The first two years, Marcus came up short. Sophomore year, he lost because of a pretty interesting--and hilarious--reason.

"I voted for the other candidate," he said. "She won by one vote."

Here at Westfield, Marcus is pursuing a double major in criminal justice and political science. His passion for criminal justice and law is due, in great part, to his family's interest in it. Ultimately, though, Marcus's passion truly stems from the undying belief that he can create positive change.

"I feel as though I can make a great difference in our nation by participating in the system," he said. "I have known that I wanted to study this subject since I was nine years old."

Originally, Marcus came into



PHOTO TAKEN BY DELANEY GEMBS

freshman year with only a criminal justice path in mind.

"After taking American national government with Professor Smailes, my passion for politics blossomed into a career goal," he said.

On top of his job as the Vice President of Finance, Marcus maintains a pretty busy schedule. He is involved with hall council, class council, Mr. Westfield, and martial arts. He is also an avid adventurer, and enjoys spending his scarce down time with the people that he loves.

This year, Marcus--though only a sophomore--took on an exceedingly difficult and time-consuming job: Vice President of Finance. As the VP of Finance, Marcus oversees all of the Student Government Association's funding and finances, serving on the board of directors for the school in order to share student input. Marcus works with and for whoever reaches out to him for help, which consists mainly of members of SGA and club leaders.

A big part of the job, and Marcus's favorite at that, is working with the clubs on campus and their members.

"I had the honor of coordinating

the club fair along with Kim Hosmer down in SGA," he said. "It was a truly wonderful experience."

Marcus also serves on several committees, including the Board of Directors; the Academic Policies Committee (APC); the class of 2019 council; the Dickinson Hall council; the RHA general board; the Center for Undergraduate Research and Creative Works (CURCW); the rules and regulations committee; and the Westfield State Foundation, Inc. Oh, and he also chairs the Finance committee. In case you lost count, that a grand total of nine committees, all of which Marcus plays an integral role. If you cannot see how dedicated he is to this university, take another look.

This position, though a huge time-consuming job, is one that provides many opportunities. The most rewarding part, though?

"I get to make a difference in the lives of actual human beings everyday, even if they don't know it," he said.

A downfall of the job, however, is that there are many people on campus who don't know this position exists. One of the larger reasons why I decided to start this profile series was to educate the campus community on the

student leadership positions on campus that directly impact them, even if they don't know about them. Unfortunately though, Marcus points out that another difficult aspect of his job is that some people just don't want to know.

Marcus says that he loves SGA for some of the same reasons he wants to pursue his career: making a difference. On top of this, the people he's met through SGA have influenced him greatly.

"Some of the people I have met through SGA are some of the best that I know," he said.

There's a lot that Marcus wants the campus community to know about him and the position that he holds, but most importantly, he makes it clear that his job is to make sure every voice is heard.

"I want people to know that I am here for them. If you need help with something on campus and you do not know where to go, come to me. We will figure it out together," he said.

In terms of SGA as a whole, Marcus just wants people to know that SGA is here for everyone, with doors wide open.

"We are here to serve you, the students," he said.

His advice to those looking to join SGA is simple: "Do it."

As for his future on the executive board, Marcus plans to run for Vice President of Student Life his junior year and SGA president his senior. As for post-graduation plans, Marcus's sights are set on two to four years in the army, eventually working his way up to a job in federal law enforcement. Beyond that, Marcus's goals shoot for the moon and beyond.

"After reaching the retirement age of 57 I would like to run for public federal office. Hopefully one day I will be able to run for the Presidency of the United States. These plans are, of course, subject to change," he noted. "I may become president sooner than that."


Marcus said that his greatest motivators are his family, not only in blood but also in bond.

"I always say that I have no friends. I say that because my friends are my family, and I know they know who they are," he said.

Marcus's "family" and fellow

see **MERCER** on page 18



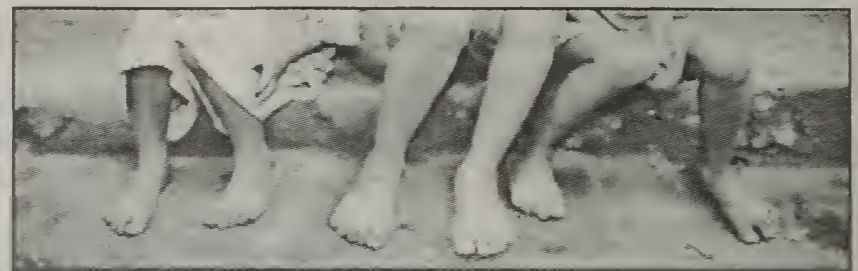


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CALM  
AND  
CHECK  
YOUR  
PIN

Advising matters.

Advising Dates for Juniors:  
October 31–November 3

Westfield  
STATE UNIVERSITY



## SHOES FOR Haiti

**INFORMATION:**

Collecting used shoes.  
Must be in decent condition; no holes,  
damages, or dirty shoes.

**WHEN:**

October 23–November 27

**WHERE:**

Collection boxes will be available in all of the Residence  
Halls & Ely Campus Center.

Sponsored by Student Ambassadors

Westfield  
STATE UNIVERSITY



## ART SHOW

NOVEMBER 1–DECEMBER 3

Reception: Wednesday, November 2, 4:30–6:30 p.m.

**GALLERY HOURS:**

Tuesday–Friday, 10 a.m.–2 p.m.

Saturday, 11 a.m.–3 p.m.

[westfield.ma.edu/galleries](http://westfield.ma.edu/galleries)

Westfield  
STATE UNIVERSITY



# Big E Sets Attendance Record



PHOTO FROM THE ODYSSEY

**Tyler Mason**  
Voice Contributor

**Andrew Thorne**  
Voice Contributor

**Year after year, the Big E offers so much so that everyone can enjoy his or her time. Whether it is live music, fun rides, or unusual foods, the 17-day event can promise you a good time.**

Throughout the first few days of this year's Big E, employees began to notice that a lot more patrons were coming to check out this legend-

ary fair.

When the Big E hit the half way point, they had just over 700 thousand attendees, which was on pace to break the record once the fair came to a close. There was big reason as to why this year was a little bit more special.

"Since this year is the 100-year anniversary for the Big E, people will definitely want to come and see what the hype is all about!" said an employee at the Customer Service box who asked to remain anonymous.

ous.

But what else would this event be offering that's different from the previous years? A Big E marketing team member, who also asked to remain anonymous, had an idea about what was making people want to come this year.

"The 100-year anniversary is obviously a big reason, but our new foods and music performances, this year specifically, have been a hit so far for our attendees," the team member said.

During the fair, multiple vendors offered new foods. When I approached Ryan, one of the vendors at the Sam Adams Beer Garden, I asked him if they were offering anything different this year that patrons really like.

"Oh, yeah," said Ryan, "We are offering a lot of new foods, but our biggest hit so far is the Mac and Cheese Burger. When a line begins to grow, most people are asking for that."

Along with that dish, KB Foods offered

Chocolate and Bacon covered fries; Porky's Concessions offered the Maple Waffle Breakfast Sandwich; and Anna's Fried Dough's added a new dish called "the Navajo Taco."

At the end of the event, the Big E broke their attendance record with 1.4 million people coming to this memorable event.

Make sure to check out the new foods next year, and be on the look out for the music performances in 2017!



# from the voice vault

This article was published in the **February 3, 2012** issue of The Westfield Voice.

## Scanlon and Dickinson Halls face restrictions after damage charges

**Megan Bishop**  
Voice Reporter

Scanlon Hall and Dickinson Hall on Westfield's campus were put on level five of Residential Life's Community Response Plan as soon as the Spring 2012 Semester began.

This designation meant 24-hour quiet hours and no guests (student or non-student) for an indefinite period of time.

Those restrictions were lifted a little over a week later

on Feb. 1st, but students had lovingly nicknamed the situation a lockdown while in was in place.

Originally, students had been told that when the past semester ended, the building would start back at zero. That is zero charges so no levels.

After certain developments and damages in Scanlon and Dickinson, they were forced to change this policy.

What about those students who did not live in these buildings last semester? They

just had to endure what their classmates caused.

There was no way the damage from the end of the semester could be let go without consequence.

The students in those buildings said they were pretty upset when they found out about this.

They talked about how unfair it all was, posting a lot of different updates on the situation on Facebook.

"It almost seems like their blaming the RAs for doing their

jobs," Amanda Morse, resident assistant in Courtney Hall said.

"We are just doing what we're told to do. It's part of our job. If these students blaming us were in our roles, they would be doing the exact same thing."

After looking at a lot of these status updates, Morse commented, "These students are mad when they have consequences for other's actions. Easy solution: Call them out. Turn them in. If you don't want to pay for what other students are doing, then stop it from hap-

pening."

This is the goal for Residential Life. They were hoping that students would learn accountability with this plan. In the past, they have said it is working. They're hoping it continues to work and gets better.

Joshua Heitrick, Westfield's Assistant Director for Housing, said that Dickinson had no problems over this past weekend, the first weekend of the semester. He added however that there were further damages in Scanlon.

This article was published in the **April 12, 1967** issue of Westek.

## Campus Rapidly Growing Seeks Bids for Expansion

The State Bureau of Building Construction in Boston recently announced that bids are being accepted for the construction of the new training school and expansion of dining facilities at Westfield State College.

Dr. Leonard J. Savignano, president of Westfield State, said that the new facility will cost between \$2 million and \$2.5 million while the estimated cost of the dining hall expansion is \$270,000.

The new training school, which will be built adjacent

to the college on its western side, will accommodate 400 elementary school children from Westfield and releases the city from the obligation of building a similar sized structure.

Dr. Savignano said that it would include a library and a learning center. The learning center will be equipped with all the latest electronic devices for education.

"There will be all kinds of audio-visual aids, including television," the president said.

### Equipped For Handicapped

"The training school will have a room for the physically handicapped and hopefully for the emotionally handicapped," he added. The new facility will also have its own cafeteria and athletic facilities, both indoor and outdoor.

It will go from kindergarten to sixth grade in the educational spectrum.

It is estimated that if the ground is broken for the building this spring the school could be opened by the fall of 1968.

### Dining Capacity Doubled

The expansion of dining facilities will double the existing 300 seat capacity.

The new dining facility will also contain a function room in the basement.

Dr. Savignano said that he anticipates the new dining facility will be ready for fall use.



Arno Maris, pictured above, chairman of the Westfield State College Art Department, is head of the Third Annual Arts Festival. The festival began April 6 and will continue through April 16. Other members of the faculty helping with arrangements for the festival are: Fredrick Lynch, Bernard McMahon, Miss Catherine Dower, Dr. Dennis Kiely, Frank E. Mello, and Dr. Wallace Goldstein.

## Speaker Presented by Geography Department

Dr. Robert Huke, head of the geography department at Dartmouth College, spoke in Dever Auditorium, Westfield State College, April 11. His lecture entitled "Shifting Cultivations in Southeast Asia", was accompanied by slides.

Dr. Huke appeared at Westfield under the Visiting Geographical Scientist Program sponsored by the Association of American Geographers assisted by a grant from the National Science Foundation. The program was conducted in Western Massachusetts in cooperation with Westfield State, Smith College, Mount Holyoke College and the University of Massachusetts.

Purpose of the program was

to give students a richer appreciation of the nature of geography, to encourage the professional interests of faculty members in their own particular subfields of geography, and to develop visiting scientists' awareness of the problems of geography in small institutions.

Under the program a roster of recognized scholars in various subfields of geography has been developed by the Council of the Association of American Geographers.

Dr. Huke's appearance at Westfield was under the auspices of the Department of Geography headed by Prof. John O'Shea.

### Interested in other articles in 'The Voice' Vault?

Schedule an appointment with a member of the editorial staff and you can peer into almost fifty years of newspapers and journals from *Westek* to *The Westfield Voice*!

Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) to schedule an appointment!



## Resources for Reporting Sexual Misconduct

### POLICE

Westfield State University Police x5262 or (413) 572-5262

Police 911

### MEDICAL SERVICES

Westfield State University Health Services x 5415 or (413) 572-5415

Baystate Medical Center Emergency/  
Sexual Assault Nurse Examiner (413) 794-3233

Noble Hospital Emergency Room (24 Hours) (413) 568-2811

Cooley-Dickinson Hospital/Sexual Assault  
Nurse Examiner (24 Hours) (413) 582-2000

### COUNSELING SERVICES AND SUPPORT

Westfield State University Counseling  
Services, Lammers Hall Annex x5790 or (413) 572-5790

Albert and Amella Ferst Interfaith Center (413) 572-5567

Employees: LIFEWORKS  
(Employee Assistance Program) 1-888-456-1324

YWCA of Western, MA (Springfield, MA) (413) 733-7100

New Beginnings (413) 562-5739

Domestic Violence Shelter Services  
and 24 Hour Hotline Day number: (413) 732-3121  
24 Hour Hotline: (413) 733-7100

Employees: LIFEWORKS 1-888-456-1324

Every Woman's Center (Amherst) (413) 545-0883

Resource and Referral 24 Hour Hotline: (413) 545-0800



# opinions & editorials

FRIDAY, OCTOBER 28, 2016

## On October.....

**Sarah Rayner**  
Voice Columnist

**October is my favorite month of the year.** In this month, we are graced with apple cider, pumpkins, colorful foliage, and Halloween festivities.

My birthday falls right in the middle of the month, and each year, the universe seems to always gift me with beautiful weather. My friends and I find ourselves being herded through haunted houses and we become passengers on hayrides. The weather is cool enough for my extensive sweater collection.

As I watch the leaves fall each October, I am reminded of how deep my love for the tenth month of the year runs. Autumn brings humility, and the reminder that life is both beautiful and finite. It inspires hope that though—like the leaves—we will all change and fall, we may come back again in some form.

I think of how small and insignificant we really are as human beings. For some reason, it gives me peace to think of how we do not



PHOTO FROM SARAH RAYNER

truly have any control over anything in this world. Thinking of this inspires me to let go.

I try to visit my relatives in the cemetery at least once in October. It is always so peaceful and serene to sit in silence among the stones, listening to the birds and the wind whistling through the vibrant trees.

It is not creepy or scary like one might expect of a trip like this. On the contrary, it is rather tranquil. I find it comforting to reflect on the final time I saw my

lost loved ones: their personal autumn. It makes all of the stress and challenges that I am experiencing in my life seem insignificant. It is only fitting that in Mexican culture, October ends with Dia De Los Muertos, or Day of the Dead, which serves as a celebration of the lives of lost loved ones.

I saw my grandmother for the last time at the end of October in 2014. Eight hours after she died in early November, I found myself frantically rushing back to school for an exam.

I sped through the mountains of Western Mass., near peaceful rivers and through small towns. It was perhaps the most breathtaking drive that I have taken in my life, but also the saddest.

It was bittersweet to think of how incredibly alluring this world was, and how my grandmother was no longer able to see it. The world kept turning. The seasons kept changing. There will be days before and after all of us.

I think of this drive each time the leaves

change. It reminds me to prioritize what I spend my time and energy on. It reminds me to chase my dreams, love with my whole heart, be authentic, and live in the moment.

But, most of all, it reminds me of the last piece of advice my grandmother gave me when I spoke to her on the phone the night before she died. She told me that life is too short to worry about insignificant things.

October serves as a reminder that we are a part of nature, and therefore only have limited seasons. These seasons are each magnificent in their own way, but someday, we will all reach our Autumn.

Like the foliage, the lessons that we have learned in our lives will shine through us like red, orange, and yellow leaves; eventually we will fall, giving way for new leaves to grow in our place.

Sad as it may sound, this fact of nature is what gives life its beauty and importance.

"May you live every day of your life"

— Jonathan Smith



# When It Happens To You

*The author of this article has chosen to remain anonymous due to privacy reasons and the content of the article.*

In early 2016, many of us tuned into the Academy Awards, waiting to see if Leonardo DiCaprio would finally win an Oscar. However, amidst the glitz and the glamour of the awards show, one performance stuck out to me and left chills running down my spine and tears in the eyes of those in the audience.

This performance was by Lady Gaga where she sang her song "Until it Happens to You," during which she was accompanied on stage by 50 sexual assault and rape survivors.

No matter who you were, you could feel the raw emotion throughout the performance and see the pain on the faces of the survivors as they held hands and joined together. Despite all this emotion and the deep meaning behind the song, I did not truly understand just what this song meant until it happened to me.

I am a resident of Westfield, MA and attended Westfield State University as a business management major. It was during my senior year at the university that I decided to live on campus and really experience "college life" and all that it had to offer. If I'm being completely honest, living on campus was one of the best decisions I have ever made and I have lifelong friends that I would not have had I not lived on campus.

It was during the fall semester that I met a boy who was everything I wanted in a guy, and someone I could definitely see myself dating; however, things between us did not work out. Once spring semester came, the "fling" was over and he was off in



PHOTO BY GANNETT-CDN.COM

another country studying abroad. Even though things did not work out between us, I still cared for him and thought about him often.

It was toward the end of spring semester—with final exams on the horizon and stress levels at an all-time high—that I missed him the most. On one particularly stressful day I decided to message him, which led to a tiny argument between us.

So, that night when I got back from work, angry at the world and stressed to the max, I chose to drink instead of finish my homework. Around two shots and a mixed drink in, I had my roommate's girlfriend walk me out of my dorm building so I could meet a friend at a party in an on-campus apartment.

It was at this party that I had a few drinks, and then met some friends outside to smoke a cigarette. This was the one and only time I will ever smoke, and the amount of coughing that ensued would have alarmed anybody, so the cigarette was promptly taken away from me. When I went back to the apartment a guy there offered me a shot of vodka, and so I

took it, no questions asked. The next thing I know I'm on my dorm room floor puking into my trash can. After that, my alarm was going off and I was laying in my bed.

This was alarming for multiple reasons: one being that I did not drink enough that night to get sick, and the other being that my room was across campus and I had no recollection of walking back to it at all. The scariest thing was not remembering much of anything from the night before. I had never blacked out before, and I had not had enough to drink to black out.

When I woke up, I glanced at my phone to find texts from my friend saying that she had walked in on a guy on top of me, and a mad roommate who I had kept up all night because I was having sex. This was when I began to panic; I do not have sex with guys I do not know, and I had never had a one night stand.

I also hadn't been able to give consent, and had I been able to, you better believe that none would have been given. I went to the drug store and bought plan B, but it was not until the next night that it really hit me: I had been raped.

I reported the incident

with the school, but did not open up a criminal investigation. This was so my rapist's name would be documented if I chose to report the incident in the future. After that, there was not much I could do except sit back and face the reality of what had happened to me.

I was one of those people who was aware of rape culture on college campuses, but ignored it because I thought that it could never happen to me. I blamed everyone and everything after that night because I was angry and hurt. I thought that if I had just done homework and not drank, it would not have happened.

If I had never met that guy and fell for him, I never would have started drinking. If I had never gone to the party, I never would have met my rapist. There were a million things to kick myself over, but I mostly blamed myself for being stupid enough to let this happen to me.

Even though I have no proof to this day, I firmly believe that I was drugged. I have since come to terms with the events that occurred that night and the only person to blame is my rapist.

All I can do now is warn others of the dangers and risks associated with rape on college campuses in order to keep others safe, and so they do not have to go through what I went through. People drink out of emotion all of the time, but if you do, make sure it's around people you trust to take care of you if you go over your limit.

The night of my rape I drank out of anger and hurt and ended up going somewhere where I could not trust the people around me. The biggest advice I could give anybody is to drink with people you trust completely, and who know how you act under the influence, as this will put you in the safest situation possible.

Never put your drink down at a party, and if you have to use the bathroom, hand your cup to someone you trust to hold it for you. Never let your friend leave a party with a stranger, even if it means your friend being mad at you. I still am haunted by my rape; haunted by the fact that I cannot remember much of anything, haunted because I do not know the complete truth of that night, and haunted by what I do know.

I feel defeated and like no boy is ever going to want to touch me again. I feel tainted and dirty, but I know that that is not true. Whether I want to face reality or not, I am a survivor and all that I can do is keep on surviving.

People try to sympathize with my situation and say how hard it must be, and they do their best to help. But, as Lady Gaga so eloquently put it, "until it happens to you, how the hell could you know?"

*If you or anyone you know has been a victim of sexual assault, please see page 7 for resources for reporting sexual misconduct.*



# arts & entertainment

FRIDAY, OCTOBER 28, 2016

as of Oct 26, 2016

## Top 10 Singles

1. Shout Out To My Ex - Little Mix
2. Say You Won't Let Go - James Arthur
3. Rockabye - Clean Bandit feat. Anne-Marie & Sean Paul
4. Starving - Hailee Steinfeld & Grey feat. Zedd
5. Sexual - Neiked feat. Dyo
6. 4K Magic - Bruno Mars
7. Closer - The Chainsmokers feat. Halsey
8. Starboy - The Weeknd
9. My Way - Calvin Harris
10. The Greatest - Sia

## Top 5 Albums:

1. Revolution Radio - Green Day
2. Day Breaks - Norah Jones
3. Oh My My - One Republic
4. Views - Drake
5. Suicide Squad: The Album - Film Sound Track

## Top 10 Movies:

1. Boo! A Madea Halloween
2. Jack Reacher: Never Go Back
3. Ouija: Origin of Evil
4. The Accountant
5. The Girl on the Train

## Upcoming DVDs

1. Start Trek Beyond
2. Bad Moms
3. Nine Lives

## Mike Stender

Voice Columnist

At some point in our lives we all wished we could become a rock star, pop star, hip hop star, country star, and so many others. Everyone saw their favorite musicians perform on television or YouTube, or even listened to their parents' old CDs and said, "That's what I want to do."

Let's be real; there are so many people who never actually went through with it and continue to do it to this day. It's common to hear success stories from stars like Taylor Swift or Ed Sheeran, but the truth is there are millions just like them trying to achieve a similar goal. There are millions of young talented artists out there who work super hard to do what they do best: perform on stage. I was able to speak with two performers to understand what they go through.

The performer I spoke with first was Kat Gustafson. We first talked about how she got her interest in music.

"My dad and grand-

father both got me into music. My dad loves classic rock and played drums in a high school band. He even played in a wedding band for awhile. My grandfather was more into folk music and even sang on the Rudy Valley Show, he is my biggest influence. I started singing first then taught myself guitar. My dad only taught me one chord," Gustafson said.

Being a fan of country music, Kat then told me who her favorite artists were as well as her thoughts of modern country music.

"I love Maddie & Tai, Carrie Underwood, Kelsea Ballerini, Maron Morris, and the old

Taylor Swift. I think the country scene these days is based more around pop, there's no more twang," she said.

On her own career and ventures, she said: "I'm always keeping voice memos of things that inspire me, inspiration can happen at any time, from 2am in the morning to just walking around a grocery store. I write pop and indie based music with some Ed Sheeran, indie, pop, and mostly country for inspiration."

"I have performed in local cafes around eastern Mass. and had one of my songs featured on an independent radio station. I was also able to perform at the Blue-

bird Café in Nashville! It's the same place Taylor Swift and Faith Hill were discovered," said Gustafson.

Finally, she gave some advice for other artists out there.

"My advice would be to ignore the fact that people are listening to your feelings, it's your diary let it out! Use social media to help and perform anywhere you can to expose your music," she said.

The next artist I spoke with is Emily Stratton, a singer and pianist. We first talked about her favorite genre and artists.

"Pop music is my fa-

see **STENDER** on page 15



PHOTO COURTESY OF KAT GUSTAFSON



# "Fuocoammare" an Italian film review

**Ryan Caulfield**

SGA Correspondent

Last February, during my study abroad trip in the enchanting Italian city of Florence, I had the privilege of seeing a new film titled "Fuocoammare," which translates to "Fire at Sea." It is a documentary that shows the harsh realities of refugees trying to enter Europe through a small Italian island called Lampedusa, located 200 kilometers off of Sicily and north of the Tunisian and Libyan borders.

Most people know or have at least heard a conversation or two about the European migration issue, but do not know enough to have a real conversation about it. To give a little bit of context before the review, our American media only briefly touched upon the migration issue back in 2015.

At this time, videos from Europe showed massive amounts of bodies being drowned in the Mediterranean Sea; a new estimated total emerged, citing about two million migrants who were passing through to Europe.

A common misconception that we hear from our media is that there are only Syrian refugees trying to get to Europe or even America; however, there are people from Libya, Somalia, Eritrea, Nigeria, and other Northern African states flooded with terrorism trying to escape.

They travel over on



PHOTO FROM HULLBOXOFFICE.CO.UK

packed boats and rafts that have up 800 refugees, while 300 is the normal capacity for these vessels. Lampedusa has become the entrance gate for all of Europe, and the over-crowded boats ping on Italian Navy ships' radars weekly.

When the Navy reaches these vessels, most of the people are already dead from the journey; some are even classifying these deaths as a holocaust.

All of this is captured and exposed by Italian Director Gianfranco Rosi in "Fire at Sea." The film won the coveted golden bear at the Berlin Film Festival, a first for a documentary.

It may be hard to call Rosi's film a documentary; the careful and deliberate story mixed with beautiful, almost still cinematography tells the parallel story of life on Lampedusa and the un-

believable events occurring on its shores.

Rosi decides to be subtle with his film; the film doesn't push an agenda so as to let the viewer simply observe what is happening. With a hand-held Amira camera, Rosi accomplishes this by focusing on impressionable 12-year-old Samuele and his amusing, simple life in Lampedusa.

Pietro Bartolo, a veteran doctor on the island, plays an important role by explaining how the migrants pay traffickers for spots on cramped boats where they are packed like sardines under excruciating heat. The causes of death for most migrants are dehydration and heat exhaustion. Sadly, a handful of them are children Bartolo says in the film.

A sharp contrast to Samuele's scenes are ones of the migrants

themselves. Rosi does not shy away from showing raw footage of their suffering and incredible endurance. A captivating scene where Rosi rides with the Italian Navy to pick up stranded migrants

goes beyond observational cinema and dives to what the French coined as "cinéma vérité," or "truthful cinema." On the Italian Naval Ship, refugees are separated from each other not just by country or gender, but also by religion.

Religion is one of the main reasons why refugees want to escape to peaceful countries, so that they may practice their religion safely. The more eye-opening scenes are when Rosi interviews a refugee. "The sea is not a road," one Nigerian says to the camera. He tearfully tells how he used all his money to leave with his family

after he was threatened by a terrorist group for practicing Christianity.

Why the film is powerful and important right now is due to the message it whispers to the audience during the film: while our lives are going on, others are senselessly ending right next door. The immigration issue is a tough one in Europe; going up to an Italian, German, or Hungarian and asking them about it will get a response full of hatred or indifference to the point of ignoring it all together.

Awareness is what Rosi wants to portray with his film. He wants to break down the statistics and numbers to show audiences the human eyes of the refugees coming to Italy's shores. In the end, it's not just a problem for Italy, Europe or the Americas; it is a human problem where the first step to solve it is to start paying attention.

If you would like to help a refugee or a family abroad, you can go to the International Rescue Committee (IRC) website and donate. "Fuocoammare" (Fire at Sea) is now out in American theaters for a limited release, but it is also available to download digitally from a variety of web and app stores.

Rosi's film is an official submission of Italy for the "Best Foreign Language Film" category of the eighty-ninth Academy Awards in 2017.

I, for one, will be rooting for a win; dita incrociate!



# Honest thoughts on Avenged Sevenfold's "The Stage"

**David Tauscher**  
Voice Columnist

## Writing in the Skies?

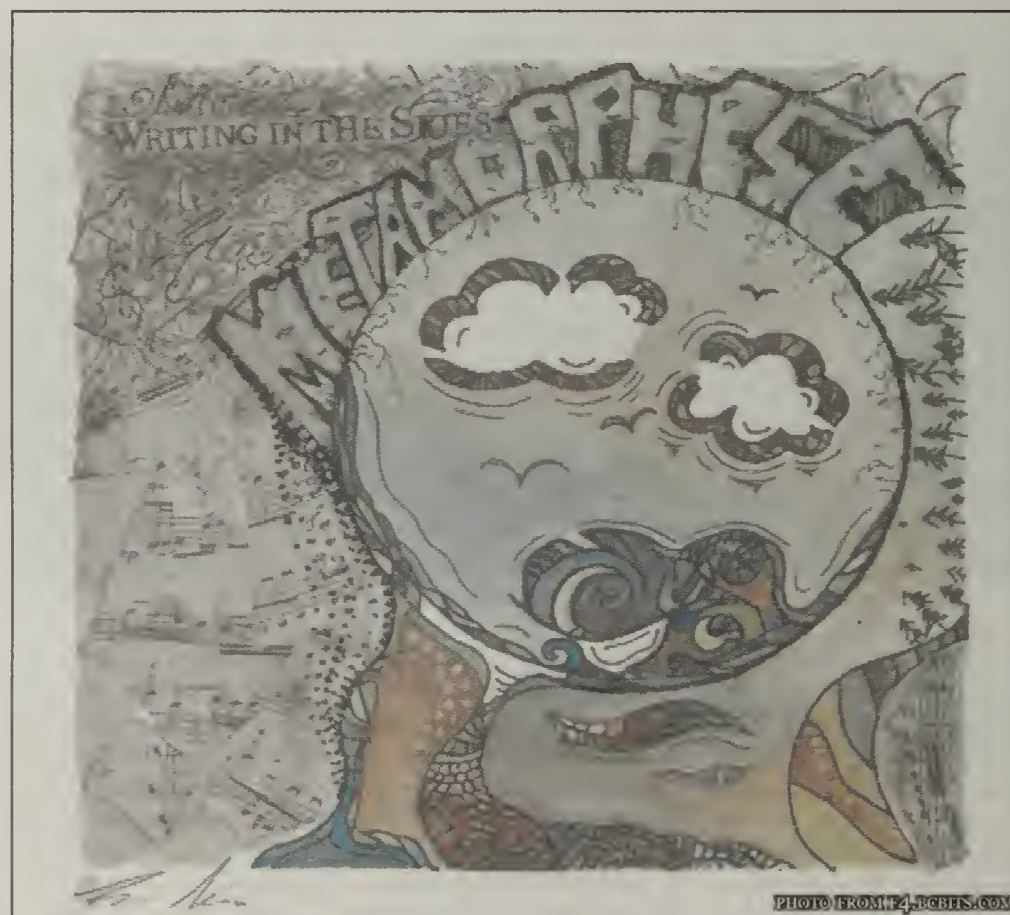
More like writing on this page, am I right? Corny jokes aside, Writing in the Skies is far from a joke. These guys blast out tasty, technical jams that you can bob your head to for days.

Writing in the Skies is a local instrumental progressive metal band out of Holyoke, Mass. Recently, I got my hands on an early copy of their upcoming release "Metamorphose," out Nov. 18. Let me tell you, it goes hard.

While I do enjoy instrumental music from time to time, this release does come with some personal gripes of mine, but more on that later.

What I have always enjoyed about WITS is that they are a very tight band. While they play in all kinds of odd time signatures, the band is always on point, whether it is on recordings or live.

The album starts with the song "Meta-



morphose;" this song, like most of the album, is all over the place, and that can be a good thing and a bad thing. I appreciate their use of time changes, but for someone who is a casual prog listener, it can be distracting.

I will say that each member of the band

definitely knows how to play their instrument. Wonderful soaring solos from guitarists Wes Parker and Chris Eriquezzo are all over this album. I also have to give a shout out to Joel Turcotte and Zach Longhi, who round out the rhythm section. Joel is very innovative

behind a drum set and never fails to surprise me. I was very happy to hear Zach's bass solos peppered throughout the album as well; aside from the guitars, his bass lines really stand out to me.

As the album goes on, I found myself enjoying a lot of the bright-

er sounding tracks, such as "Exit Eden." I am a big fan of heavy music, so this may come as shock to some, but I really enjoyed the brighter instrumentals that were on this project.

Writing in the Skies has put out a solid release. The band really knows how to come together and make intense, technical prog metal that is heavy in your face, while simultaneously beautiful. While it isn't necessarily my first choice for instrumental music—I tend to enjoy the more spacey sounds of The Contortionist—it is still very enjoyable, and I encourage anyone who is a fan of modern metal and prog to check these guys out or catch them live.

I give WITS one thumb up and one thumb down; it's just not my cup of instrumental tea. If anyone has any suggestions about what I should review/listen to next, shoot me an email at [dtauscher1986@westfield.ma.edu](mailto:dtauscher1986@westfield.ma.edu)

**Do you listen to music?  
Of course you do!**

**You should write album and song reviews for The Westfield Voice!  
Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) if you are interested.**



# YOU GET CONSENT. IT'S WHAT YOU DO.

**79%** of Westfield students agree that explicit verbal consent is the best way to make sure a person is okay with sexual activity.

You always have a choice to: **GIVE AND GET CLEAR, ENTHUSIASTIC, AFFIRMATIVE, ACTIVE CONSENT.**

**Westfield**  
STATE UNIVERSITY



# gail's guidance

Dear Gail,

Within the next week, I have four midterms and I don't know how to get through them. Any suggestions?

-Panicked college student

Dear Panicked college student,

First off, I'm sorry for your misfortune. Midterms are a rough time for all of us. My first tip would be to make a cauldron of coffee; this will help convince you that sleep is not necessary for a few days. Make sure to take some time to relax, because studying with no breaks will make you go crazy and probably want to die. On these breaks look at some memes, preferably the prehistoric SpongeBob ones. On the plus side, now you actually have an excuse to stress-eat.

Forming small study groups before the test is always a good idea, that way you can steal all the valuable information from the smart kids. A quick phone call to mom is always comforting, too. Avoid friends who are easily stressed because chances are it'll rub off on you. Lastly, if you don't know the answer, choose C.

Good luck!

-Ya girl Gail

# horoscopes

**Aries**  
(March 21-April 20):

Changing your lifestyle and underwear are always a good start.

**Taurus**  
(April 21-May 21):

You are stronger than you think and soon you will be sitting on top of the world.

**Gemini**  
(May 22-June 21):

When one door

closes, another one opens and hopefully doesn't hit you in the face.

**Cancer**  
(June 23-July 22):

Focus on getting your work done, I mean it, today... right now!

**Leo**  
(July 23-August 23):

Romance with an exciting person could reach a whole new level today.

**Virgo** (August 24-September 22):

Only trust people with big butts...they cannot lie.

**Libra**  
(September 23-October 22):

When you say yes to someone, make sure you aren't saying no to yourself.

**Scorpio**  
(October 23-November 21):

You will be an

excellent leader.

**Sagittarius**  
(November 22-December 21):

If you pick yourself up by your shoestrings, you are more likely to fall flat on your face.

**Capricorn**  
(December 22-January 19):

Monsters will plague your every move so watch your back.

**Aquarius**  
(January 20-February 18):

Keep being yourself; don't let anyone dull your sparkle.

**Pisces**  
(February 19-March 20):

In the near future, you will eat a whole box of goldfish.





from **STENDER** on page 10

vorite, but I prefer the quitter types of pop," she said. "Artists such as Sam Smith, Adele and Ingrid Michaelson are who I listen to the most. I think the song has more meaning when you can actually hear the lyrics clearly."

She also talked about the beginning of her career, and how it was a bit rocky.

"I started up a YouTube channel when I was in 7th grade," Stratton said. "I knew I wasn't the best singer at the time but I did it anyway. I was made fun of for it so I stopped for a while. However, I started it up again my junior year of high school and have been making videos ever since. I was even in a band at one point in high school. It's been about 7 years total now for me."

Stratton talked about how YouTube has helped her career, and about the challenges of making videos.

"I used to use a karaoke track and sing the lyrics for the video. Now I actually edit videos which takes time. It's hard to do while in school because I'm busy with so many other things. I try to put out at least one video per week. I have 116 subscribers and 56 videos," she said.

Stratton also talked about writing her own songs.

"I have written a couple things but it's hard for me to do because I need a quiet environment. I would try at home but my family is always around which makes it difficult. I still manage to get a few things on paper though," she said.

Her advice for other artists is simple.

"Don't give up," she said. "As typical as it sounds, don't listen to the haters. It takes a long time to get a million views and it does not happen right away."

I myself am not a performer and have no idea what's it's like to be up on stage with people watching you sing or play an instrument. It was cool to understand what that world is like for young artists in this day and age.

One does not become an overnight sensation with one performance or video. It takes patience and passion to keep going and do what you love.

My advice for the reader would be to go on YouTube or attend a local show and support talents such as Kat and Emily; there's lots of cool acts out there, and all we need to do is go out and discover them.

## SIGMA TAU DELTA LEAF RAKING

"Everyone must take time to sit and watch the leaves turn." -Elizabeth Lawrence

Once again the tedious chore of raking your lawn comes around. But it doesn't have to be that way!

Sigma Tau Delta (the English Honor Society) wants to help you out!

The members of Sigma Tau Delta will rake your leaves as part of a fundraiser to attend our annual convention, held in Louisville, KY.



If you live in Westfield or the surrounding area, e-mail Michelle Soel at msoel2890@westfield.ma.edu, or call her at (978) 944-7804.

You can also call Professor Brewster at 572-5332 and leave your name, address, and phone number where you can be reached.

Prices are negotiated based on lawn size.

# The Westfield Voice

The objective student press of Westfield State University

**Gina Muller**, Editor-in-Chief

**Sandra Mercer**, Head Copy Editor

**Matthew Carlin**, Managing Editor

**Nathan Godard**, Opinions & Editorials Editor

**Monique Desnoyers**, Arts & Entertainment Editor

**Tim Jaroche**, Sports Editor

**Ryan Caulfield**, Circulation Manager & SGA

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**Elizabeth LaBruna**, Copy Editor

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413-572-5431 office

### General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to

write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a \$16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

### Correction in last weeks issue....

Page 11 press release should have read "Westfield State Hosts Haitian Musician Sydney Guillaume"

Do you like to write?

Do you like to edit?

Do you like to take photos? Selfies possibly?

Do you like to socialize with people?

Are you human?

If the answer was yes to any of these questions, you should write, edit or take pictures for us!

We are looking for a photography editor. If you are interested, contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu)!



# Owls athletics

FRIDAY, OCTOBER 28, 2016

## *Men's lacrosse confident following first game action of the season*

**Kyle Finamore**  
Voice Columnist

On Sunday, the Westfield State men's lacrosse team saw their first real game action of the 2016-2017 campaign.

Oct. 23 marked the date of the annual fall ball tournament where the Owls would face UMass Amherst's club A and club B teams, and the date of the end of the fall practice season for the year.

The Owls lacrosse team had been working hard towards their first competition of the season and it showed. The team had a solid showing against each of the talented UMass squads.

Both of the games featured back and forth action and many goals, an exciting brand of lacrosse that the Owls are always looking to play. In the first game, the team faced the UMass A team that featured many talented players for the Minutemen, but Westfield was up for the challenge.



PHOTO COURTESY OF SUZANNE SARGEANT

The defense had the tough task of slowing down the high-powered UMass offense, but they were able to slow them down and keep the team in the game. Unfortunately, the Owls did not find themselves on top of the scoreboard at the end of the game, but there were definitely some positive take-aways that the team was able to use going into the second game of the day.

The second game would feature the Owls along with the UMass B team, another talented team that would again create some great competition. The Owls found themselves in a hole early on in the game, but impressively climbed out of it and back into the game.

The defense made some stops and the offense began clicking once again, scoring at least four goals in a

row at one point.

If not for a slow start, the Owls would have been able to take the game to the absolute wire, but UMass was able to pull away slightly at the end to win by a margin of 3.

Although the scoreboard did not read in the Owls favor, this is not what these fall games were all about. These games proved to the Owls that they can compete with some good teams.

There are many areas that the Owls will be able to improve upon, and many that they will be able to make even better than they already are.

Most importantly, the team knows that there is a large amount of chemistry that teams of the past did not have. The Owls are confident that this chemistry will put them over the top to compete for a league title in the spring.



# Celtics 2016-2017 Preview

**Tim Jaroche**  
Sports Editor

**Last season, after** being eliminated in the first round of the playoffs by the Atlanta Hawks, Celtics fans realized that their team had a lot more work to do before they could make a run at an NBA finals appearance.

In the offseason they made moves to push their team to the next step, hopefully moving past the first round of the playoffs. Having the third overall pick in the draft from the Brooklyn Nets was huge.

Prior to the draft there was a lot of speculation about who they would draft, or if they would even keep the pick, with the option to trade it being available. Danny Ainge decided to keep it and draft small forward Jaylen Brown from California.

Unlike other top tier rookies who are counted on to carry their team from the first game of the season, Brown will be given time and space to grow.

This will help him and the team incredibly. It will motivate him to earn serious minutes while also allowing him to find his role and adapt to the



PHOTO FROM CHOWDERANDCHAMPIONS.COM

NBA game.

The Celtics also made a splash in the free agent market by signing Hawks power forward Al Horford to a four-year deal.

Horford is a great fit for the Celtics for multiple reasons. Horford is a great leader and team oriented player. Playing style wise, he can stretch the floor by shooting from mid-range and an occasional but confident three pointer.

He can also run the floor in transition on offense and defense. Horford had a great preseason, and has developed great chemistry with the rest of the

team early on.

Last season a weakness for the Celtics was rebounding and being able to score down low at will. With Horford this will come much easier, and it will allow for other big men like Amir Johnson, Kelly Olynyk, and Tyler Zeller to play against a more worn down defense. Having a threat down low and on the boards will give the Celtics another way to wear teams down.

This brings me to a strength that the Celtics have had since Brad Stevens arrived: depth. The Celtics have 13 players who will see consistent, legiti-

mate minutes over the course of the season. The only two I don't include are James Young and rookie Demetrius Jackson.

The last roster spot was given to James Young who is in his third season, often a pivotal season development wise for players. I don't expect to see Young coming off the bench often, as the Celtics have a solid core of guards. Anyone on this team with the ball is a threat to score and understands that defense equals easy offense.

Chemistry, depth, and defense are the Celtics' staples. As long

as they stay healthy for the most part, this team can only improve. If there's a coach who can figure out how to manage minutes and coordinate lineups between the number of quality players this team has, it's Brad Stevens, who knows his team well and knows what they have to do to succeed.

I would look for the Celtics to finish the regular season with a 49-33 record and earn a four seed in the playoffs. If they can get home advantage in the first round, they will make it out alive and move on to the second round.



# The Fall Classic

**Michael Witts**  
Voice Contributor

**After a long wait—** since April—we are nearing the end of October, and the Fall Classic has finally returned; it will be one for the history books.

This year's World Series will feature the Chicago Cubs vs. the Cleveland Indians. These two teams have the longest droughts without a ring in Major

League Baseball. For the Cubs it's been 108 years, with their last ring coming all the way back in 1908. For the Indians it hasn't been quite as long, but it still has been since 1948.

The Cubs have one of the youngest teams in the league, but they have incredible talent. They led the entire league, entering the playoffs with a 103-58 record; they are the

only team to win one-hundred games this season.

Although they have a better record than the Indians' 94-67, the Indians will still control home field advantage throughout the World Series because the American League won the All-Star game back in July.

This series kicked off Tuesday night in Cleveland with a pitch-

ing matchup between Jon Lester and Corey Kluber. Lester has already made his mark in the World Series with the Boston Red Sox while Corey Kluber is a former AL Cy Young award winner.

Kluber answered the call when he got the ball in game one by throwing six shut-out innings for the Indians. Andrew Miller came in in the seventh

after Kluber allowed a leadoff baserunner. Later on he would work his way out of a bases-loaded jam with no outs. This is why he is the best reliever in all of baseball.

The Indians made a statement by taking a 1-0 lead in the series, mainly behind the bat of Roberto Perez who led the way with two home runs and four RBI's.

from **SPAKAUSKAS & WITTS** on page 2

spots. He would like to add additional parking for commuter students; however, it would be incredibly expensive.

"It would cost over \$2 million to make 200 spots. Asphalt is expensive," Pickron said.

There are 1,100 spots in South Lot, although they limit the amount of decals to 1000. Less decals were sold this fall than last fall.

With issues such as being late to classes, students are calling on the administration to take action. At the time, there is not much the school can do without enough spots and an overflow of students with cars

from **MERCER** on page 3

members on the executive board can certainly attest to that. Current SGA president, Matthew Carlin, admires Marcus's valuable work ethic and dedication to the job.

"When he has a task he never fails to complete it. Besides being completely dedicated to his work, Marcus is able to balance all aspects of student leadership equally," Matt said. "Though he is our youngest executive board member he shows the signs of a great leader."

Jacob Lotter, our Vice President of Academic Life--

who I highlighted in last week's edition--calls Marcus one of the hardest working students at Westfield.

"He is anxious to learn and wants nothing but the best for all the students on campus," Jacob said.

Marcus is a shining example of what it means to serve the campus community. He brings with him not only his expertise and dedication, but also his infectious personality and witty sense of humor.

I cannot wait to see what Marcus accomplishes during the rest of his time at Westfield, and all that he will accomplish beyond this campus. Maybe I'll even get the chance to vote for him in the presidential election 40-something years from now.

from **CAULFIELD** on page 1

Maddie Dexter, vice president of programming, asked how Family Day went for the president. Torrecilha said he had an amazing day and introduced himself to many parents, realizing the importance of the relationships between families and the institution.

"One of the things I walked away with from Family Day was the academic experience, and I would have liked to have seen more faculty members interacting with parents," he said.

The president said that many parents emailed him saying they would have like to have heard from faculty members more.

Maddie Creamer, president of the class of 2018, asked what stage the plan to begin the Westfield State Experience was at. He said it will take two to three years for the initiative to start. Currently, first year programs have started with community-related classes.

Jacob Lotter, vice president of academic life, asked if there are any collaborations on the horizon for Stanley Park and the University. Torrecilha called Stanley Park a jewel with outstanding citizens that help run the park.

One thing the president said he was interested in was looking at using the tennis courts at the park to help form a women's and men's tennis team at the university. Another thing he was interested in doing was partnering with Stanley Park to bring back commencement to campus.

"We can try to see if we can use some of their facilities, share parking, or even having commencement over there," he said.

Lindsey Crain, Lansdowne Place Representative, asked if Torrecilha would move his office from Horace Mann into the old president's office in Ely

on campus. The president said that he would like to move.

"I miss the contact with students, faculty, and staff. I think it is important for me to be visible on campus," he said.

One main reason why Torrecilha cannot move, he said, was that other university purchases and moving the Division of Institutional Advancement from downtown Westfield to Horace Mann is currently more important than spending money to renovate and move his office to Ely. The president jokingly added that he would buy a golf cart for the university to make it easier for him to drive to main campus, and then donate it to the Athletic Department, which gave the senators a nice laugh.

Ashely Deleon, representative-at-large, asked the president what some of the biggest concerns students have approached him with are. Torrecilha said that the two biggest issues this semester were about parking and textbook costs.

To read more of the Q&A with the president and the SGA senate, please go to Westfield State University's website and search for "SGA minutes" in the search tab. Click on the Oct. 25 link on the minutes page.

After President Torrecilha finished with the senators, Marcus DiBacco presented the

SGA with three finance proposals to vote on.

The first was from the Student Theater Association (STA) who was requesting \$4,092.37 to help cover the registration fee and half of the hotel costs for the Kennedy Center American College Theater Festival (KCACTF). 28 students are going to the festival because they were nominated for numerous performances and roles in university theater productions. The motion to allocate the funds passed the SGA.

The Jewish Student Organization (JSO) requested \$537.50 for the Passover Seder event on campus. The motion to allocate the funds unanimously passed through the SGA.

Lastly, the Business Club requested \$554.27 for the price of the food they will be purchasing for their annual networking night. In the past, the Business Club has had some difficulties gaining the SGA's support because of requesting too much money. This time around, the motion to allocate the funds for the club passed through the SGA.

The next meeting of the Student Government Association will be on Nov. 1, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.



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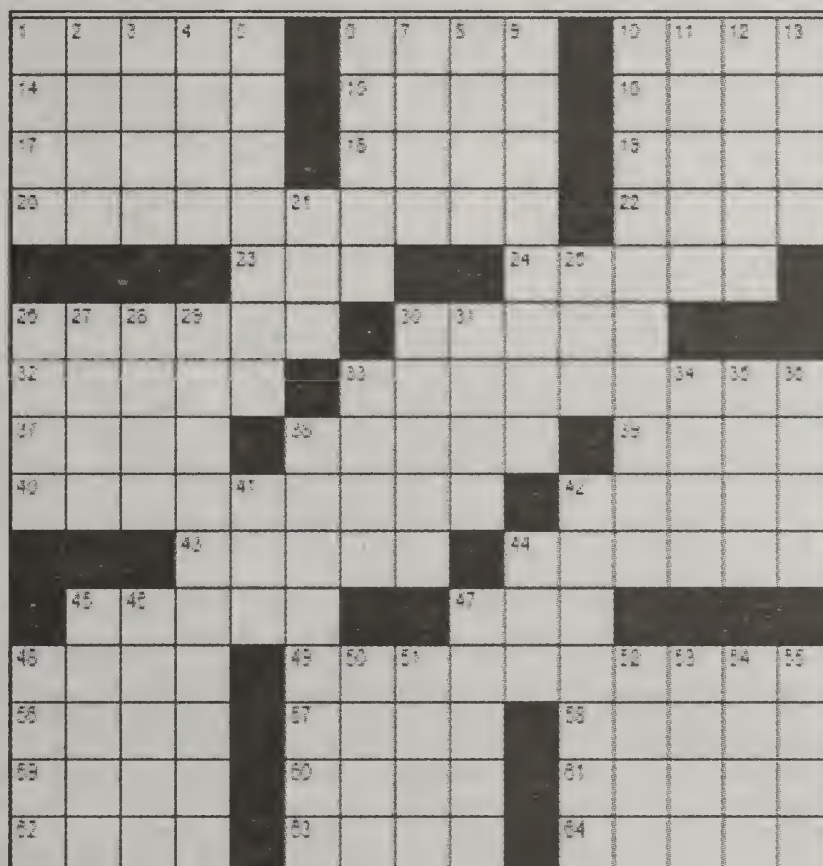
## Halloween

S V A M P I R E Z O M B I E E  
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 FRIGHTENING  
 FULL MOON  
 GHOSTS  
 GHOULS  
 GOBLINS  
 GRAVEYARD

JACK O LANTERN  
 MASK  
 MUMMY  
 NIGHT  
 PUMPKIN  
 SCARECROW  
 SCARY  
 SCREAM  
 SKELETON  
 SKULL  
 SPIDERS  
 TOMBSTONE  
 VAMPIRE  
 WEREWOLF  
 WITCHES  
 ZOMBIE

## Games & Leisure Maze



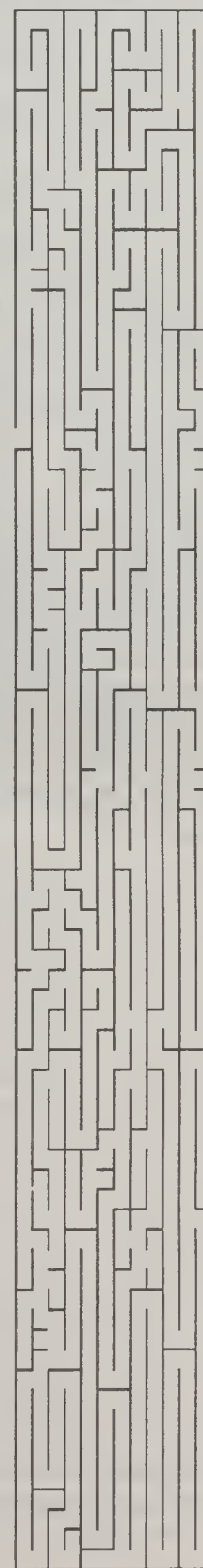
### ACROSS

1. Aqualung
6. Stigma
10. Affirm
14. November birth-stone
15. Sea eagle
16. Agreeable
17. Convex molding
18. Found on rotary phones
19. Tall woody plant
20. Capable of being penetrated
22. Pile
23. Female chicken
24. Moses' brother
26. Eyetooth
30. Civet-like mammal
32. Prank
33. Hairy
37. Mangle
38. Dog-\_\_\_\_\_
39. Notion
40. Bitterly or sharply
42. Drive
43. Praises
44. Charisma
45. Not black
47. Witch

### DOWN

1. Cease
2. Sheltered nook
3. Atop
4. Cotton bundle
5. Nitric
6. 4-door car
7. Baby's bed
8. A Freudian stage
9. Let go
10. Hard coal
11. An small olive-grey bird
12. Sea
13. Cry

21. Scarlet
25. Donkey
26. Temporary living quarters
27. Two-toed sloth
28. Render unconscious
29. Journey
30. Rolls up
31. Comply with
33. Head
34. Biblical garden
35. Require
36. Container weight
38. Letter container
41. Consume
42. Hint
44. A tribe of Israel
45. Nematodes
46. To deceive or cheat
47. Doglike nocturnal mammal
48. Thorny flower
50. With competence
51. Lion sound
52. Doing nothing
53. Adolescent
54. Rascallions
55. Satisfy







## THIS WEEKS EVENTS

| Date  | Time   | Event Name                                                | Location           |
|-------|--------|-----------------------------------------------------------|--------------------|
| 10/28 | 10:00p | Brown Bag Bingo <b>B I N G O</b>                          | Scanlon BNOT       |
| 10/28 | 10:00p | Senior Pancake & Karaoke — Bring a dollar                 | Owl's Nest         |
| 10/29 | 11:00a | Volleyball v. MA Maritime Academy                         | Woodward CNTR      |
| 10/29 | 1:30p  | Soccer v. MA Maritime Academy                             | Alumni Field       |
| 10/29 | 3:30p  | Soccer v. MA Maritime Academy                             | Alumni Field       |
| 10/29 | 5:30p  | Wile's Corn Maze Bus Trip — FREE!                         | Bus @ Scanlon      |
| 10/30 | 11:00a | Sunday Mass                                               | Interfaith Center  |
| 10/31 | 5:00p  | Indoor Cycling                                            | Ely Fitness Center |
| 10/31 | 6:30p  | Deep-In Writing Help — Open for all! Every Mon. & Wed!    | Ely Library        |
| 11/1  | 11a-5p | Common Goods Food Pantry — Open to anyone!                | 2nd Cong. Church   |
| 11/1  | 4:00p  | Career Chats                                              | UHall Lobby        |
| 11/1  | 6:00p  | Food, Work, & Social Justice <b>TRIVIA</b>                | Dining Commons     |
| 11/2  | 11:30a | At A Common Table                                         | Interfaith Center  |
| 11/2  | 12:15p | Mindfulness-Based Stress Reduction Meditation             | Interfaith Center  |
| 11/2  | 7:00p  | Sacred Scripture Conversation & Reflection                | Interfaith Center  |
| 11/2  | 7:00a  | Indoor Cycling                                            | Ely Fitness Center |
| 11/3  | 2:00p  | Flu Vaccine Clinic — Cost: \$25 Many insurances accepted! | Parenzo Gym        |
| 11/3  | 5:00p  | Multicultural Student Association                         | Unity Room         |
| 11/3  | 5:30p  | Communications Professional Networking Night              | Scanlon BNOT       |
| 11/3  | 7:30p  | Wesmen Club                                               | Interfaith Center  |

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to [www.westfield.ma.edu/studentactivities](http://www.westfield.ma.edu/studentactivities)  
email [mla@westfield.ma.edu](mailto:mla@westfield.ma.edu) if you would like to advertise your event on the outdoor screens and student activities calendar

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
Fri & Sat 7 a.m. to 9 p.m.

### Ely Harvest

Mon-Fri 7 a.m. to 11 p.m.

### The Perch

Sun - Thurs 9 p.m. to 1 a.m.  
Fri & Sat 9 p.m. to 2 a.m.

### Dunkin' Donuts

Mon - Fri 7 a.m. to 11 p.m.  
Sat & Sun 10 a.m. to 10 p.m.

### Wilson Cafe

Mon - Thurs 8 a.m. to 8 p.m.  
Fri 8 a.m. to 6 p.m.  
Sat & Sun closed

### Garden Cafe

Mon - Fri 8 a.m. to 2 p.m.  
Sat & Sun Closed

### TJ Bistro

Mon-Thurs 8 a.m.-12 a.m.  
Fri 8 a.m.- 1 a.m.  
Sat 10 a.m.-1 a.m.  
Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
Sat - Sun 5 p.m. to 1 a.m.

### Ely Library

Mon - Thurs 8 a.m. to 12 a.m.  
Fri 8 a.m. to 5 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 1 p.m. to 12 a.m.

### Ely Wellness Center

Mon - Thurs 6:30 am to 10:30 pm  
Fri 6:30 a.m. to 7:30 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 12 noon to 10:30 p.m.

### Bookstore

Mon & Thurs 9 a.m. to 5 p.m.  
Tues & Wed 9 a.m. to 7 p.m.  
Fri 9 a.m. to 4 p.m.  
Sat 12 noon to 4 p.m.  
Closed Sunday

### The Westfield Voice's Office

Mon 6:30 p.m. to 9 p.m.  
Tues 6:30 p.m. to 10 p.m.  
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528



# The Westfield Voice

FRIDAY, NOVEMBER 4, 2016



westfieldvoice.com

@westfieldvoice

## New dining concept "Fried Friday" announced in latest SGA meeting

**Gina Muller**  
Editor-in-chief

**Student Government** President Matthew Carlin gave a warm welcome to the student government association on Tuesday, November 1. He welcomed everyone back from the Halloween weekend by expressing his gratitude towards the senators for their attentive and effective questions for President Torrecilha.

"I was very proud sitting there and listening to all the questions you guys had," said Carlin. "You really did very well and I'm proud of you."

Co-chair of the food committee, Rehana Yusif announced that on Tuesday, Nov. 15, the Dining Commons will be having their annual Thanksgiving dinner and also on Nov. 16 during lunch time they will be having a Puerto Rican meal.

In addition starting Nov. 11, every other Friday will be "fried Friday" between the hours



PHOTO TAKEN BY SANDRA MERCER

*The Student Government Association meets to discuss new dining concepts amongst other topics as last Tuesday's meeting.*

of 8 and 10 p.m. The food selections will include chicken tenders, french fries and other fried snack food.

While giving the fundraising report, Marissa Cremin mentioned how the annual Turkey Drive is approaching, and is set to run from Nov. 7 to Nov. 18. She stated that the fundraising goal for this year is to raise over \$3,000, around \$500 more than last year.

There will be 15 groups collecting dona-

tions, and if each group meets their \$200 goal, the \$3,000 goal will be met. Each hall council will collect donations for their residence hall, including turkey coupons from Big Y.

Cremin also noted that groups are encouraged to raise funds in other ways such as bake sales and going door-to-door with candy. She stressed the importance of receiving proper approval for fundraising methods. The group

that raises the most funds will have a pizza party funded by the SGA.

"The people in the community really depend on us to help with this," said Cremin, "so it's really important that everyone does their part for this event."

Executive Secretary Karina Sallaway announced that this year "senator of the week" will be re-branded. The new concept will ensure that a senator will be

recognized each week, and will still accept nominations.

Each senator will receive a certificate and will have the opportunity to sign the lifesaver that hangs on the hall in the Student Government room.

Sallaway announced that the first lifesaver of the week is Jillian Tardi. Tardi was recognized for her hard work on the commuter council

see MULLER on page 14

### In this week's issue

#### Campus News & Life

Maddie Dexter Profile  
Press Release  
Cadet of the Week  
Davis Hall event  
Voice Vault

#### Op-Ed

Question 2  
On Happiness  
Process With Problems

#### A&E

Kiss Concert  
Gails Guidance

#### Sports

Cross Country  
Celtics  
Brady Fuels Pats

The objective student press of Westfield State University

VOLUME VIII, ISSUE VI

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, NOVEMBER 4, 2016

## The Student Government Association's Executive Board: A Profile Series

**Sandra Mercer**

Head Copy Editor

### Maddie Dexter

*The Student Government Association's executive board consists of eight Westfield State University students dedicated to the embetterment of the campus community. These eight people spend countless unpaid hours working toward creating a more inclusive, productive, and efficient university. Over the next eight weeks, these students will be highlighted in a profile series documenting their lives before, during, and after Westfield State.*

**The Campus Activities Board (CAB)** works tirelessly to bring fun and creative programming to the students here at Westfield State. They host bingo and trivia, do pumpkin carving in October, set-up scavenger hunts across campus, and bring in comedians from all over, all for the students' enjoyment. One person-CAB's President and the Vice President of Programming-makes sure everything is running smoothly, and heads the campus in it's programming pursuits. And that's Madeline Dexter.

Maddie grew up in Yarmouth on the Cape with three siblings, three step-siblings, and two dogs--a busy house filled with fun. "I love having a big family," she said. Maddie attended Nauset High School, a regional high school from whole end of the Cape to mid-Cape. Coming to Westfield after living on the Cape her whole life was definitely a transition.

"The one bad thing about living in Westfield is that there is no beach around," she joked. It came as no surprise when Maddie said she was very out-

going as a child; Maddie's the kind of person who says hello to everyone, greeting everyone she passes with a smile.

"I've just always been kind of an open person. I definitely attribute that to the way my parents raised me and my siblings," she said. Maddie was also very involved with theatre, which only encouraged her outgoing personality. In high school, she was the president of her drama club on top of participating in chorus, treble choir, and her school's honors society.

"Most of my time in high school was spent in a theater, whether a high school theater or a community theater," she said. Though Maddie's still a very approachable, friendly person, she did say that she's changed a lot since her high school years.

"I think I've become a lot more patient and a lot more open-minded in the sense that I thought I was open-minded, but I was open-minded to the Cape standard," she said.

In particular, Maddie noted that even though the diversity at Westfield State isn't exactly where we want it to be, it's much more diverse than what she experienced on the Cape. Lifestyles and cultures that she hadn't been exposed to before were suddenly right in front of her; this was something that really helped her to become an even more open-minded person. Maddie also said that she's really learned to stick to her beliefs and stand up for what she thinks is right, even if people don't believe the same things.

She did, however, learn even more about compromise.



PHOTO TAKEN BY THE VOICE

"I was really stubborn in high school," she laughed. Maddie is one of the many dedicated nursing students here at Westfield. When Maddie's younger sister got sick a few years back, she cites the hospital experience as one of the deciding factors of her career path. In particular, the nurses.

"They made my sister feel okay and they made my whole family feel okay," she said. "And that was very, very important with me."

When it came time to pick a school, Maddie was already familiar with Westfield. Her older step-brother came here for criminal justice, and she was interested in a smaller, more reasonably-priced school. The smaller, more intimate nursing program at Westfield really drew her in. On top of being in one of--if not the--toughest major, Maddie is involved with a lot on campus.

Her freshman year she was involved with Circle K, and joined CAB as a sopho-

more. She was also the president of the Apartment Complex her sophomore year, which landed her on the Student Government Association (SGA) as well. Currently, she tutors, works in the library, and is on the curriculum committee. Maddie's biggest job, however--besides her studies--is being the Vice President of Programming. As VP of Programming, she serves on the SGA Executive Board.

What comes along with this is the CAB presidency, which means she also serves and heads the CAB Executive Board. Maddie oversees all programming on campus. As CAB president, she gets to design programming for the campus. She also has to know about all other programming going on at Westfield, whether it's from a club, Student Affairs, or Diversity and Inclusion; if it's an event on campus, Maddie has to know about it. She works closely with Barbara Hand and Matt Dellea, the CAB advisors, to make sure that everything is running smoothly. Maddie decided to run for the position because, as a freshman, she herself complained about the lack of programming on campus. She said the usual complaints about Westfield being a suitcase school, and how staying here on the weekends meant nothing to do.

"When I joined CAB, it was like a whole other world was opened up for me," she said.

After this, Maddie realized just how much programming actually goes on here at Westfield, and she wanted to show other people that, too. "I want-

ed to open people's eyes to the programming on campus," she said. Maddie says that the most rewarding part of this job is seeing students who don't really know anybody come to events and make connections with other students.

She loves seeing students coming out of their shells and participating in the Westfield State community. As for the worst part? Maddie had no hesitation. "Spring Weekend," she said. "I don't think people understand that their student activities fee goes to many different things besides Spring Weekend, and we can't throw Spring Weekend like huge universities. It's just not in our budget; it's just not in our funds."

Maddie said that she understands students' frustrations, but it's hard to explain to those students who aren't involved in the behind the scenes of campus programming. Because we are a smaller university with less students than schools like UMass Amherst or UNH, the budget for a more well-known performer is just not available. "You're just constantly getting negative feedback no matter what you do, and you just can't please everyone," she said.

In regard to SGA, Maddie said that the people who make up the association is what she loves most about it. She loves how SGA brings people together who all want to get involved, and how many opportunities it brings. Maddie also loves having a say in what goes on at our school. "I really love being able to make a dif-

see **MERCER** on page 14



# Cadet of the Week

Jarrood Peterson



My name is Jarrood Petersen. I love the outdoors, adventure, fishing, working out, and running. I did track and field all four years of high school. In my free time I will most likely be on top of a mountain. I love to hike and go camping; this consumes a lot of my free time during the summer, and even here at college I have found a few mountains to climb. I am a morning person; with ROTC it is a good thing that I am. I attend Westfield State with a movement science major and sports medicine concentration, and I am also in the honors program. I want to be a physician's assistant; I want the army to allow me to complete my career, gain experience, and graduate with little debt. I have wanted to do Army ROTC most of my high school years; the army is always something I have been interested in. When looking at colleges, I ruled out all colleges with no ROTC program.

This college stood out to me. The first few weeks while attending and participating in ROTC made me realize my choice was the right one with Westfield State. The cadre—or officers in the army who supervise and teach the program—are some of the best mentors I have ever interacted with. Major Aube, who is the officer in charge of Westfield State, has been a role model of mine since the first day of ROTC. Every Monday, Wednesday, and Friday morning I wake up at 5:45, put on my uniform, and head over to Physical Training at the Woodward Center. Most people do not want to wake up that early—especially to work out—with school work and other time restrictions students face at college. This taught me discipline as well as time management. Now it is my routine and I love it. The program introduced me to a majority of my close friends at Westfield as well. It was nice to be part of the program and make friends that you know you can count on. ROTC also puts us out in the field at multiple military bases, and puts its cadets in leadership positions right from the start. This is an experience like no other, and it has really taught me a lot about myself and how to lead. ROTC really ingrains discipline, responsibility, and integrity. I love the program and all that it has taught me.

## Westfield State Elementary Education Program Ranks Among the Best in the Nation

### From news release

**WESTFIELD -** Westfield State University was named 12th in the country on the “Best Colleges for Elementary Education” list by Teacher.org, outranking more than 750 other colleges and universities.

“This ranking validates what many already know about Westfield State’s Education program,” said Interim Vice President for Academic Affairs Marsha V. Marotta, Ph.D. “Our teacher preparatory programs remain strong nearly 180 years after our founding.”

Seven hundred and eighty-one schools were analyzed for the ranking list. Westfield State was the only university in Massachusetts to place in the top 20. To determine Teacher.org’s “Best Colleges” rankings, data was collected from the Integrated Post-secondary Education Data System and matched up to the accreditation data provided by the U.S. Department of Education Office of Post-secondary Education.

The rankings were based on the score of four areas: percentage of program graduates out of all graduates per year; graduation rate; loan rate; and tuition affordability.

Westfield State University was founded in 1839 originally as a teachers college and education remains one of the most popular majors today. Currently, the university has 569 undergraduate students majoring in education, with 268 of those students concentrating in elementary education. Westfield State’s Education programs are nationally accredited in seven areas of licensure

and hold statewide accreditation in 10 areas.

The Westfield State Education Department has been praised before for its students’ performance. According to a 2015 Teacher Education Council Survey, 90 percent of classroom practitioners said student teachers from Westfield State demonstrated at or above proficiency in their classrooms on all 10 Westfield State University core outcomes for initial teacher licensure preparation.

According to Education Department Chair Sandra J. Berkowitz, Ph.D., Westfield State has professional development partnerships with six school districts in Western Massachusetts: Agawam, Chicopee, Holyoke, Northampton, Springfield, and Westfield and maintains student mentoring partnerships with many other local districts.

The department also has a Teacher in Residence program, which allows a teacher from a public school in the area to complete a one-year residency on campus as a faculty member. The university holds an annual Celebration of Teachers in which teacher candidates from all departments who sponsor teacher licensure programs nominate former teachers who inspired them. The recipients are honored in a ceremony held on campus.

Teacher.org is a nonprofit geared toward providing information for teachers and students studying in the education field. Its mission is to inform, empower, and encourage aspiring, new, and veteran teachers. The website includes detailed information on obtaining teaching licenses in each state, scholarship information, lesson plans, teacher discounts, and more.



# from the voice vault



## Westek

THE RESPONSIBLE STUDENT JOURNAL OF THE STATE COLLEGE AT WESTFIELD

WSC Style . . .

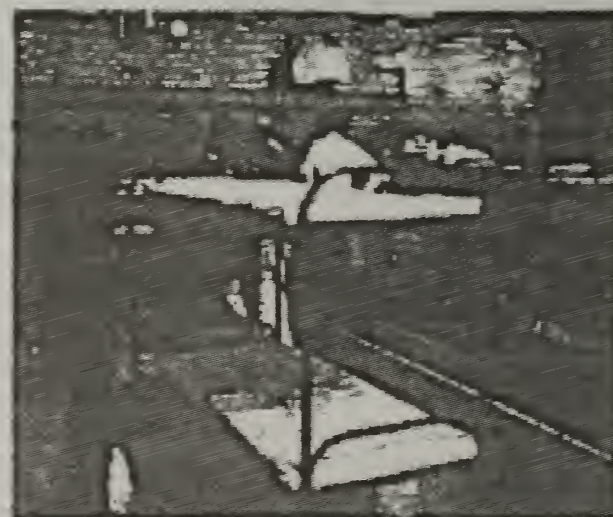
### Wouldn't It Be Loverly

. . . by E'

All I want is a room somewhere,  
Without my books upon the chair  
And room to comb my hair -  
Oh, wouldn't it be loverly.

Lots of closet and bureau space -  
Room in the lav to wash my face -  
To eat at a nominal pace -  
Oh, wouldn't it be loverly.

Oh so loverly never having to -  
stand in line, -  
for phone calls, food etcetera -  
Oh my dream is so divine -  
Someday soon they promise me  
just one roommate  
instead of three.  
Oh How, oh When, will we be  
In the New State dormitory.



Originally published on the front page  
in the October 5, 1966 edition of  
"Westek: The Responsible Student  
Journal of the State College at Westfield"

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Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) to schedule an appointment!



# A once in a lifetime experience

**Sydney Castonguay**  
Voice Contributor

I have spent this semester away from my home school of Westfield State University thanks to National Student Exchange (NSE). I've been able to escape the cold of Massachusetts for warm and sunny Miami, Florida. My journey has taken me to Florida International University (FIU) where I am hoping to try new things, explore places I've never been, and learn about a culture completely different than my own. So far, this semester is exceeding my expectations!

My host school has an NSE club that includes members from both outside schools that have come for the semester and students from FIU that have gone on exchanges in the past. This group has been amazing at coordinating events—most of them free of charge—for students like myself to partake in.

One of my favorites was a meal at the famous Bubba Gump Shrimp Company, followed by a bay cruise through the port of Miami and past the homes of the rich and famous. The views are stunning and the homes are breathtaking. Seeing



Miami from the water made me fall in love with this city so much more.

My group has also done events on campus, such as movie nights and football games. It's great to know I have a group of people I can turn to if I need someone to attend an event with.

The next two months are going to be packed with even more events, including Jungle Island, snorkeling on Key Largo, the Chainsmokers concert, a trip to South Beach, and more! Being able to experience all that Miami has to offer in the short time that I am here has made the adventure even more than I could have dreamed of.

It's important to remember that it isn't all fun and games; you must do well in your classes, too. I decided to venture out and take a science course that they don't offer at

Westfield State: Ecology of South Florida. I've learned about the unique plants and animals that call this area home, and have had the chance to go on field trips throughout South Florida.

We explored the beaches of Key Biscayne, went snorkeling, and hiked trails in Johnathon Dickinson State Park. Coming up, we'll be exploring the Everglades and going on a swamp walk through Big Cypress Swamp.

These trips are taking me to places I never would've gone on my own, and they are some of the most beautiful places I've ever been.

I've been able to practice my Spanish quite often here, as there is a large Hispanic and Cuban population in Miami. Being a picky eater, I was hesitant to try some of their traditional foods, but pastelitos have to be my new favorite treat.

I'm still getting used to the southern hospitality where everyone goes out of their way to say hello and make you feel welcomed. Many people run on "Cuban time," meaning that 15 minutes late is actually on time; this is great for class. It's amazing

to be able to experience a unique culture without having to leave the United States.

If you're considering an exchange program, look into National Student Exchange. They have over 200 schools in the United States, Canada, U.S. Virgin Islands, Puerto Rico, and Guam from which you can choose to visit. Many of the options are more affordable than an international exchange, which is why I chose this program. I've never felt so welcomed and part of a community like I do at FIU.

Deadlines to apply for next year's programs are coming up soon, so start doing your research. I promise you won't regret it!



# opinions & editorials

FRIDAY, NOVEMBER 14, 2016

## Question Two: helpful or harmful?

**Chayton Yost**

*Voice Contributor*

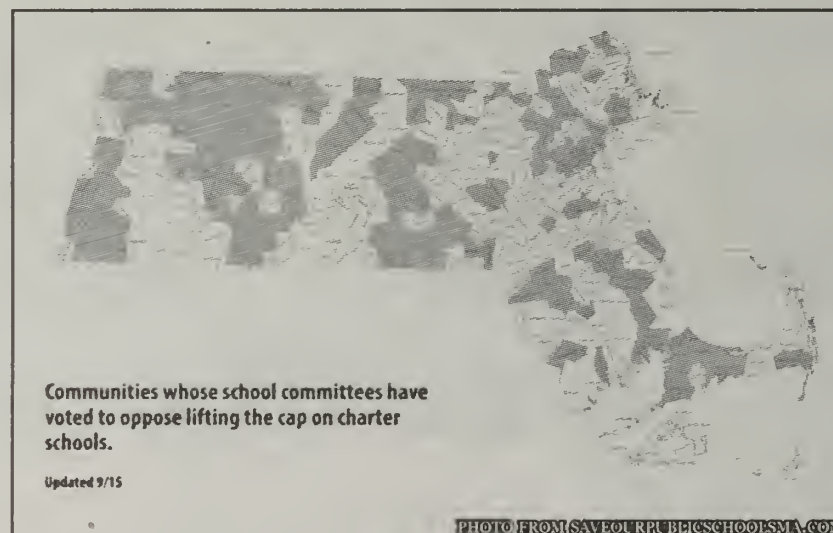
As scores of Americans gawk at the comically absurd spectacle that is our nation's presidential election, smaller more regional concerns await the collective dictate of the masses. One of these is Massachusetts' ballot Question 2, the issue of lifting the cap on expansion of charter schools in the state. Found on the ballot, Question 2 will read as follows:

"Charter School Expansion. The question, if approved, would let state education officials approve up to 12 new charter schools a year." In addition, priority to the establishment of new charter schools will be given to districts whose academic performance has been in the bottom 25 percent as of two years ago.

In order to understand the possible effects and ramifications the acceptance of this legislation would have, one must first understand the following: how charter schools function, the methods that they use, and their effects on communities compared to conventional public schools.

In short, charter schools are an alternative to public schools through the School Choice program; the difference between them being that charter schools are subject to penalties and shut downs if their academic performance does not meet pre-written standards.

In exchange, charter schools are much more loosely regulated; local councils and communities have almost no say in the deci-



sions and inner workings of these institutions. Only state-level figures and councils have influence over them.

The lack of regulation at a local level and the necessity of reaching higher student test scores encourages charter schools to adopt very strict, zero-discipline policies relating to both conduct and scholastics.

Children who underperform in grades have been known to be edged out of enrollment, preserving the expected production of the school. Obviously the construction of new charter schools will cost billions, but the fiscal ramifications extend even further than one might think.

The tuition of charter school students is paid for by the state, just as public school students' are. However, for every student attending a charter school, the cost of that student's tuition is drained away from the public school funding in a district and given to the charter school.

Some say that this is only fair; the very same would happen if a student moved from one district to another. So why is this any different for charter schools? Furthermore, why should a school keep funding for a student they aren't educating?

In theory, this 1:1 re-allocation of money sounds like common sense. However, the cost of maintaining a public school—its appliances, teachers, janitors, heating, air-conditioning, etc.—stays constant before and after the redistribution.

The superintendent will have extreme difficulty balancing the loss of that student's tuition with cutting something from the budget, because he or she cannot partially lay off a teacher, revoke transportation, or cut off heating to one or two classrooms.

The "fair" 1:1 migration of resources harms public schools and the students in attendance. The kicker is that all of these serious and detrimental consequences

are only short-term. The language of the legislation does not call for up to twelve new charter schools total, it calls for potentially twelve brand-new institutions per year, indefinitely. The passing of this act would lead to a proliferation of charter schools, and a rapidly increasing amount of funds leached from public schools, resulting in things such as increased staff lay-offs in public schools.

This may even lead to the eventual shut-down of some schools due to lack of funds, not to mention the broad divide that would form between these two school types and their supporters. In the very-long term—which is within the realm of possibility due to the unlimited nature of the bill—the worst-case scenario would be that the public schools' finances would be in a disastrous state due to these pseudo-private charters siphoning away money.

The majority of district public schools, with only the top performing exempt, may simply collapse and face extinction. In this very real scenario, only charter schools—institutions who are known to toss students for underperforming and rarely accept children with special needs—will be many family's only option.

One of the main dilemmas charter schools were created to combat was lack of choice in education, and it's ironic that that may be the reality they create. One could certainly argue that charter schools work and work well, but question two absolutely does not. "Vote no on question two."



# A process with problems

**Nathan Godard**  
Op-Ed Editor

On Nov. 8, the 58th Presidential Election will take place. On this day, thousands of people will go to their town halls or community centers to vote for their respective candidate; however, it will be on a Tuesday. A Tuesday: a mostly universal work day for adults.

This obviously makes it difficult for people from all walks of life to visit the polls because of their responsibilities.

Of course, there have been measures put into place to accommodate the individuals who have scheduling circumstances which prevent them from participating but would still like their voice to be heard. However, these measures are not comprehensive enough.

Absentee ballots for people who are registered to vote in their town, but know they will not be in town that day, are not well advertised. This is especially important for the current and newest generation of voters. There is

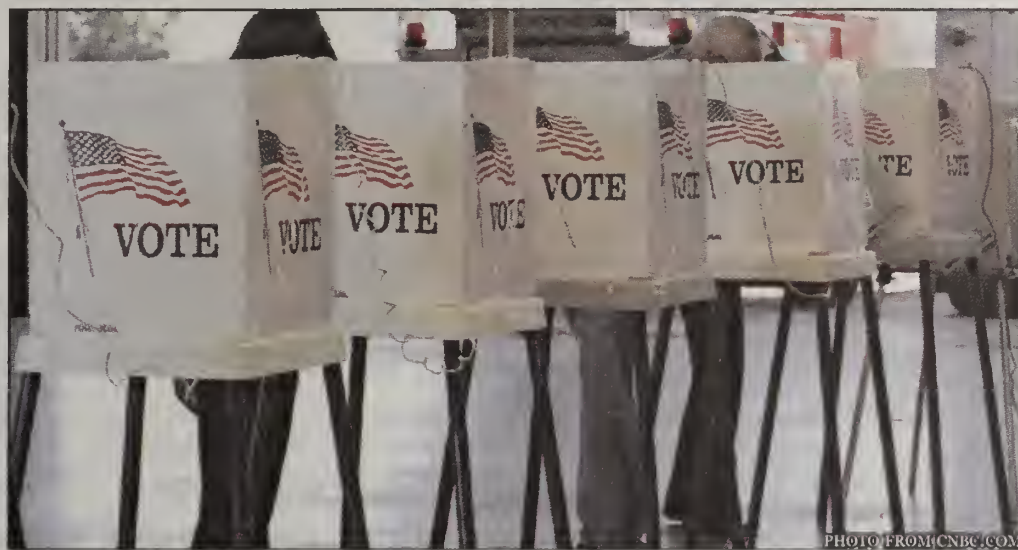


PHOTO FROM CNBC.COM

only one program that I have seen advertising and educating people regarding voting dates, what absentee ballot forms are, how to get absentee ballots, etc. This program is MassPIRG.

MassPIRG even takes the time to sit down and help you fill out the paper work to register to vote if you haven't already. They recognize that the younger generation, especially those who are in college and away from home—where they are most likely

registered to vote—are the least active voting population in the United States. Why is that?

It is partly because many are not educated on how to go about the voting and registration process regarding absentee ballots, along with an unfortunate sense of apathy due to a myriad of possible causes.

It definitely includes the negative stigma of “not knowing.” Nonetheless, having the election delegated to

one day that is unapproachable in most people's circumstances and schedules does not help with voter turnout.

It is wonderful that there are programs like MassPIRG that, among many other things, help motivate and inform students on how they can be involved, as well as encouraging them to do so. I don't see that with any other program.

I see political advertisements for each candidate—all of which rely on the dis-

paragement of the other candidate—but other than that, there are no advertisements about how to sign up for absentee ballots or the other options available to voters.

It is a shame that we must rely on activist programs like MassPIRG to do this rather than having the process taught to young adults in college and high school.

The lack of awareness for absentee ballots for older individuals, which often is a factor in lack of voter turnout, is also a huge issue. There should be announcement after announcement in commercials, PSAs, newspapers, etc. But there isn't.

Why is that? I don't know why that is the case, but it had better change. One way to make voting just a bit more approachable for everyone involved—if the process of absentee ballot education and advertisement isn't going to improve—is to move the election to a date and time that is more convenient for the majority of Americans. That makes an awful lot of sense to me.

## On The Pursuit of Happiness...

**Sarah Rayner**  
Voice Columnist

The United States Constitution declares that each human being possesses certain unalienable rights: life, liberty, and the pursuit of happiness. Some people spend their whole lives on the latter pursuit, working their days away searching for the certain elusive emotion.

I was once among those people who believed that happiness is a destination to arrive at once you have completed all of the necessary

steps. Slowly, I learned the hard way that the framers of the constitution were not necessarily correct in their depiction of happiness as a pursuit.

It was during my second year of college, when all of the facets of my life had crashed down around me, when I was brought to this realization. I sat alone for hours thinking. I imagined all of the fragments of my life were like shattered glass, and that I could never make them whole again.

My historic belief that

had lasted my whole conscious life up until that point had been that if I could become whole, I could become happy. Yet, I had never felt whole, and I had never felt happy. The turning point in my view of the concept of happiness ironically came from the loss of a close loved one.

The idea of death is humbling. It can cause you to live in the moment and become more grateful for the small parts of life that are often taken for granted. I learned that you cannot be happy

without being grateful, and you cannot be grateful without living in the present moment.

Looking back on all that I have learned about being happy, I cannot call myself an expert. No one can. But I have learned many things that have caused me to be able to call myself a happy person.

I have learned that no one is whole. We all have our broken parts. I've learned that happiness stems from the smallest things: the sunshine, a stranger's smile,

time spent with friends and family. Happiness is not a mathematical equation.

You do not add A + B + C to equal happiness. Happiness, rather, is A, B, or C individually. Happiness is appreciation and paying it forward. Happiness is what you think about, how you spend your time, and by extension, who you are.

The most important thing that I have learned is that happiness is not something that can be pursued. Happiness is the pursuit itself.



# Food additives we're eating right now

**Kara Fluet**

*Voice Contributor*

If you think all of the food you are tossing into your shopping cart each week is completely healthy, guess again. Secretly, these foods can be filled with extra ingredients that can really hurt your health in the long run. It is so scary to think about all the chemicals I have consumed throughout my life that I had absolutely no idea about.

Prior to this assignment I was only thinking about my intake of carbs and fats. It never even occurred to me that there could be harmful additives within the foods that I eat daily. Now being 18 years old, this research has really opened my eyes to what has been hidden within my food. Imagine if people were well-aware of this problem even before I was born; everything would be so much different and our generation would be much healthier.

By doing this research it has opened my eyes to start reading labels and to stop consuming these products. I think it is extremely important that we learn what is actually hidden within our everyday foods. Everyone knows that we need to keep an eye out for calories, fat, and carbs when we're looking through the aisles of grocery stores. But are you really paying attention to the hidden, flavor-enhancing, often lab-generated chemicals that manufacturers sneak into food to cut costs and keep you hooked?

Just because it isn't making you fat doesn't mean it's not rotting you and your health from the inside out. Next time you go shopping for food, make sure to look for these dangerous ingredients that manufacturers are trying to get away with putting in our foods. Any food that has been canned, dehydrated, or has chemicals added to it is a processed food; these foods make up about 60 percent of the average U.S. diet.

How is this allowed to happen? How are manufactures allowed to put these toxic chemicals in the food we eat and continue for years and years to sell it to us?

Most of the foods on our shelves also contain chemicals and additives



PHOTO BY AUDRA BURNSETT FITNESS.COM

that are known to harm either the human body or laboratory animals. If they harm animals, they can harm you, too. Get to know what you eat! **High-fructose corn syrup.**

The most dangerous of all refined grains is high fructose corn syrup. Decades ago, sugar was a lot different mainly because it was "real" sugar. Now, in our generation, manufacturers have come up with a way to make many different types of sugars that we call a "fake." A sugar substitute is a food additive that provides a sweet taste, like that of sugar, while containing significantly less food energy. Splenda, Aspartame, Glucin, NutraSweet, and Sweet 'N Low are all examples of sugar substitutes.

The amount of sugar we consume has actually declined over the past 30 years, but we're consuming almost 20 times as much high fructose corn syrup, which is even worse. Some studies have shown that we take in more calories from this than any other source. The scary thing about this is that high-fructose corn syrup is in almost everything we eat. Too much sugar will hurt our bodies and processes in numerous ways; for example, it increases the risk for diabetes, obesity, and other metabolic disorders. Foods that contain high-fructose corn syrup: soda; yogurt; breakfast cereals; salad dressings; baked goods; breads; nutrition bars.

## **Partially hydrogenated oil.**

This dangerous ingredient is the primary source of trans fat.

Manufacturers like to use it because it reduces costs, increases shelf life, and maintains flavor, but it is harmful for us consumers. Hydrogenation, whether complete or partial,

is a chemical process in which hydrogen is added to liquid oils to turn them into a solid form.

Partially hydrogenated fat molecules have trans fats, and they may be the worst type of fat you can consume. Trans fats are twice as difficult for the body to dissolve as saturated fats. They set off heart disease, diabetes, nutritional deficiencies, and cellular deterioration. Products that contain somewhat hydrogenated oils, but have less than 0.5 g of trans fat per serving, can carry a "trans-fat free" label. Foods that contain partially hydrogenated oil: margarine; vegetable shortening; packaged snacks; baked goods (especially pre-made versions); ready-to-use dough; fried foods; coffee creamers (both dairy and non-dairy).

## **MSG.**

Monosodium glutamate is basically a processed flavor enhancer. MSG is produced by bacterial fermentation in a process similar to making vinegar or yogurt. Have you ever eaten Chinese food and gotten a headache immediately after consuming it? Well, you can thank MSG for that one. Chinese food is the number one food that is produced with a high amount of MSG.

Although glutamates are shown in some natural foods, such as meat and cheese, the ones used by the processed-foods industry are separated from their original proteins through hydrolysis. According to Dr. Russell Blaylock, who wrote a book on the subject called "Excitotoxins: The Taste That Kills," sensitivity to MSG builds up in our bodies until we reach what he calls our "threshold of sensitivity." This is because MSG overstimulates our nervous system.

It is exciting our nerves and causing an inflammatory response. With time, these repetitive inflammatory responses cause our nerves to start producing more and more nerve cells that are sensitive to this kind of stimulation.

I know when I eat Chinese food I get a major headache, and that is mainly because of the amount of MSG contained in it. Foods that contain MSG: Chinese food; potato chips; frozen dinners; cold cuts; gravies; ranch dressing; salty-flavored snacks; Doritos; KFC fried chicken; tomatoes; cheese.

## **Potassium bromate.**

Potassium bromate is a chemical used in breads and rolls to make their volume increase. It has been banned by every industrialized country besides the U.S. and Japan. How are is this allowed to be produced in our country when it is banned almost everywhere else? Any leftover bromate that is still in the body after being somewhat broken down has been shown to cause cancer. Potassium bromate may also be used to produce some types of malted barley, too; it would be best if you checked the labels of breads and crackers because it may be hidden.

On the bright side, there are plenty of other baked goods that do not contain potassium bromate and replace it with safer alternatives. Foods that contain potassium bromate: breads; pizza; wraps; chips; crackers. How to avoid unhealthy additives: Look more towards the farm. Fill up on fresh foods and minimize processed foods.

Shop at your local farmer's market or sign up for community-supported agriculture deliveries of fresh produce. Do frozen if you can't do fresh. If fresh foods aren't available where you live, choose frozen fruits and vegetables without any additives. Cook meals yourself. Cook your own meals so you know what you're eating. Avoid pre-packaged, pre-cooked meals.

Read labels. Check the list of ingredients before adding food to your grocery cart. Don't buy products with known additives, and beware of any ingredients you can't pronounce.





## NEWS FROM INTERNATIONAL PROGRAMS

## INTERNATIONAL EDUCATION WEEK NOVEMBER 13 - 19

**International Education Week (IEW)** is an opportunity to celebrate the benefits of international education and exchange worldwide. This joint initiative of the U.S. Department of State and the U.S. Department of Education is part of our efforts to promote programs that prepare Americans for a global environment and attract future leaders from abroad to study, learn, and exchange experiences.

TUESDAY, NOVEMBER 15

International/Intercultural Club Bake Sale 9am-3pm Wilson Hall Cafe

WEDNESDAY, NOVEMBER 16

Celebrate the faculty, staff, and students from the island of Puerto Rico with a special lunch served in the Dining Commons 11am - 2pm Dining Commons

Meet Charmaine McKenzie, from the Universities of the West Indies' Open Campus for a conversation about distance education, online learning and the use of social media in teaching and learning. 11am - noon Faculty Center

THURSDAY, NOVEMBER 17

INTERNATIONAL POSTER FAIR

noon - 2pm Ely Hall Lounge

SATURDAY, NOVEMBER 19

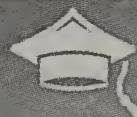
PASSPORT DAY!

10am - 2pm Tekoa Room, DC



The Westfield Post Office will set up on campus to assist with applications, photos, fee collection, etc.  
Go to [www.travel.state.gov](http://www.travel.state.gov) to download the Passport form and directions!

For more information about any of these programs, please visit the International Programs Office located in the Lobby of Parenzo Hall  
Visit our website: [www.westfield.ma.edu/studyabroad](http://www.westfield.ma.edu/studyabroad)



**KEEP  
CALM  
AND  
HAVE  
BACK UPS**

Advising matters.

Advising Dates for Sophomores:  
November 7-10

**Westfield**  
STATE UNIVERSITY

# The Westfield Voice

The objective student press of Westfield State University

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Monique Desnoyers, Arts &amp; Entertainment Editor

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Prof. George Layng, Faculty Advisor

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## General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff will be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to

write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in *The Westfield Voice* do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a \$16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

Do you like to write?

Do you like to edit?

Do you like to take photos? Selfies possibly?

Do you like to socialize with people?

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If the answer was yes to any of these questions, you should write, edit or take pictures for us!

We are looking for a photography editor. If you are interested,

contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu)!



# arts & entertainment

FRIDAY, NOVEMBER 4, 2016

as of Nov. 2, 2016

## Top 10 Singles

1. Closer - The Chainsmokers featuring Halsey
2. Starboy - The Weeknd Ft Daft Punk
3. Heathens - Twenty One Pilots
4. Let Me Love You - DJ Snake Ft Justin Bieber
5. Broccoli - D.R.A.M. Ft Lil Yachty
6. 24k Magic - Bruno Mars
7. Side to Side - Ariana Grande ft Nicki Minaj
8. Cold Water - Major Lazer Ft Justin Bieber & MO
9. Juju on that Beat (TZ Anthem) - Zay Hilfigerrr & Zayion McCall featuring Daya
10. I Hate U I Love U - Gnash ft Olivia O'Brien

## Top 5 Albums:

1. Joanne - Lady Gaga
2. Nobody But Me - Michael Buble
3. A Pentatonix Christmas - Pentatonix
4. The Serenity of Suffering
5. Views - Drake

## Top 10 Movies:

1. Boo! A Madea Halloween
2. Inferno
3. Jack Reacher: Never Go Back
4. The Accountant
5. Ouija: The Origin of Evil

## Upcoming DVDs

1. Sausage Party
2. Counting
3. Indignation

## KISS Freedom to Rock concert

**Mike Stender**

Voice Columnist

I've been waiting almost six years to finally see a KISS concert in person. KISS is iconic for their signature face makeup and stage costumes, as well as their hits "Rock and Roll All Night" and "Detroit Rock City."

The band's members include Paul Stanley on guitar/vocals, Gene Simmons on bass/vocals, Tommy Thayer on lead guitar/vocals, and Eric Singer on drums/vocals. I was able to attend the show at Mohegan Sun Casino which is about an hour and a half drive from campus.

I went with a group of friends who had never seen KISS before either, so it was something new for all of us. Mohegan Sun is a great place for a concert. The casino provides plenty of shopping, casino games, restaurants, and entertainment for concert attendees while they wait for show time.

I was able to have dinner at Bobby Flay's Burger Shack, which to this day is one of the best burger places I have ever been to. Before the show started, my group of friends was able to meet a group of KISS impersonators dressed up in the same exact stage gear as the members of the band.

It was fun to watch them



interact with other concert goers, and they even let us take a photo with them. When the doors opened for the arena we headed to our seats to see how our view was. Although we were towards the back of the arena, it was small enough so that every seat was a good seat and views were not obstructed.

KISS arrived on stage at about 9:30 P.M. The show opened with the band coming down from a lifted platform playing their hit "Detroit Rock City."

Plenty of explosions and pyro followed throughout the course of the show. Paul Stanley is a highly underrated front man. After every song he would engage the crowd and get everyone pumped up for the next

song. Gene Simmons also shared vocal duties for the songs "God of Thunder" and "War Machine."

Simmons also showed off his signature stage move of flying into the air with blood spouting from his mouth while performing a bass solo.

Tommy Thayer sang vocals on the band's classic hit "Shock Me," and performed an extended guitar solo with fireworks shooting from the neck of his guitar. Eric Singer drummed the entire night and sang an encore performance of the ballad "Beth."

During the encore the band paid tribute to all the veterans in the crowd, and encouraged the audience to support and love our military. This was awe-

some to see because it is something I am passionate about myself.

After praising the military the band played an instrumental of the National Anthem, followed by the last song of the night, "Rock and Roll All Night."

Overall I had a great time; the crowd was enthusiastic and gave off a very fun vibe. My friends and I found ourselves singing along to most of the songs, and enjoyed the entire show.

My only complaints would be that KISS should have played longer, and I wish they had played more of their songs from the 80s, such as "Heaven on Fire." Other than that, the show was awesome! I give it 4 out of 5 stars.



# gail’s guidance

Dear Gail,

I’m a transfer student and I can’t seem to get along with my roommates; I’ve tried everything possible. Nothing seems to work and I feel like a nuisance. What do I do?

- Lonely girl

Dear lonely girl,

Entering a new school and living with complete strangers isn’t easy. My cousin lived with a girl who did hallucinogens at least three nights a week and talked to her Bob Marley poster, if that makes you feel any better. I know that you’ve probably tried everything to get along with your roommates, but don’t give up. Unless you’re weird, because then they’ll probably never like you (just kidding). Show them that you want to be on good terms and put in a little extra effort. If you’ve tried everything and still feel like it’s not working, go to your RA. He might have you switch to another room. Just hope it’s not on the same floor you’re living on now. Awkward. Good luck and I hope everything goes your way!

-Ya girl Gail

## Career Center

### CAMPUS CONNECTIONS

### CAREER CHATS

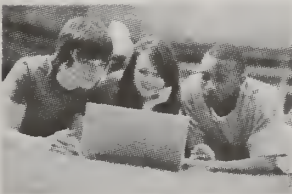
Tuesdays from 4:00—6:00 pm

Date

Location

November 1, 2016  
November 15, 2016

University Hall—Left Living Room  
New Hall—Lobby



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Westfield  
HIGHER EDUCATION



# Owls athletics

FRIDAY, NOVEMBER 4, 2016

## Men's and Women's Cross Country Win MASCAC Title

**Tim Jaroche**

*Sports Editor*

The fall season is coming to an end for most of Westfield's athletic teams. Many teams were very successful this season and will move on to the postseason. These teams include women's volleyball, women's cross country, women's soccer, women's field hockey, and men's cross country.

The women's cross country team came in first at the MASCAC championship on Saturday in Leominster. This was the Women's team's 13th straight cross country MASCAC championship title, a very impressive feat. Westfield State's Jessie Cardin won her third straight MASCAC runner of the year award to help the Owls to another championship.

Four other runners from Westfield were recognized for finishing in the top ten: Ashley Monahan who finished third, Lindsey Wassung who finished fifth, just ten seconds after Monahan; Andrea Nolland who came in sixth, shortly after Wassung; and Julie Carroll who finished in ninth place.

The NCAA New England Regional race will be held at Stanley Park on Saturday Nov. 12.



Women's volleyball finished the regular season with a 5-1 record in conference play, giving them the second seed in the MASCAC tournament which begins on Nov. 5. Westfield received a bye in the first round because of their high seed and will face the winner of Salem State vs. MCLA.

In the regular season they beat Salem State in four sets, and MCLA in just three sets, so the Owls are fully capable of moving on to the championship. On the other side of the bracket, Westfield could face Bridgewater State, Worcester State, or Framingham State in the championship.

Westfield has beaten

Bridgewater and Worcester State in the regular season, but lost to the undefeated Framingham State in three sets early on this season. Both the semi-final game and the final game will be played at Framingham State.

Women's soccer ended their regular season 8-7-2 overall and 5-1-1 in conference play. The women earned the number two seed, receiving a bye in the first round of the tournament. On Friday, Nov. 4 they will play Bridgewater State at home for a chance to reach the championship game.

On the other side of the bracket, Framingham State will play Worces-

ter State for a chance to compete in the finals. In the regular season, Westfield beat Bridgewater State 1-0, Framingham State 1-0, and tied with Worcester State 0-0.

These being possible opponents in the playoff picture, Westfield has a good shot at the MASCAC championship.

The women's field hockey team went 11-5 in the regular season and 7-4 in conference play. Westfield earned the third seed in the Little East Conference Tournament and hosted Southern Maine on Saturday. In the regular season, they beat Southern Maine 1-0.

Unfortunately, West-

field couldn't muster enough offense late in the game to come back from being down 2-0. They scored with five minutes to go, and had opportunities later on, but couldn't get anything past Southern Maine's goalkeeper.

The women were one game shy of the school record for wins—which is 12—with 11 wins this season. Men's cross country won the MASCAC title right after the women won it. Westfield had three runners finish in the top ten. Derik Noland came in second, Tim Forrest came in third, and Patrick Brett came in sixth.

Westfield's coach, Bill Devine, was voted upon and named MASCAC coach of the year for his efforts in leading Westfield to a championship. All of these teams had great seasons, and some still have a chance at a title. Go watch the women's volleyball team and women's soccer team as they hope to advance to the finals next week.

Both cross country teams were excellent this year in bringing home a MASCAC title, and earning runner of the year and coach of the year honors, respectively.



# Owls win MASCAC championship

**Jason Phillips**  
Voice Columnist

**On Saturday, Oct. 29** The Westfield State University cross country team went to Doyle Conservation Area—hosted by Fitchburg State University—for the annual Massachusetts State Collegiate Athletic Conference Championship (MASCAC). WSU's women's team was looking for their thirteenth straight conference championship.

The pack for the WSU women Owls was led by defending conference title Jessie Cardin. Senior Ashley Monahan

took third place, beating Bridgewater State University's Jenise Madden by two seconds.

The Owls defended the championship for the thirteenth time with a total of 24 points. Worcester State University took second place with 57 points, and Bridgewater State University took third with 63 points.

"We have an excellent chance to continue our winning streak over the next few years and to grow and improve even more as a team," said freshman Julie Carroll. "We have a phenomenal coach with an impressive coaching record and so many

motivated runners, so I am really looking forward to seeing where the next few years bring the lady Owls." Carroll also indicated that the cross country team here at WSU is so welcoming, and she is grateful that she chose to come to WSU.

The men's team has won the MASCAC conference title the last 4 seasons. Sophomore Tim Forrest placed second for the Owls with a time of 26:26, and sophomore Patrick Brett placed sixth for the Owls coming in at 26:35. Fitchburg State University junior Jake Hastings claimed the individual title in the

conference with an outstanding time of 26:02.

On the men's side, Westfield State took the championship with a total of 34 points, followed by Fitchburg State University scoring 50 points. Lastly, Bridgewater State University earned third place with 62 points.

WSU cross country coach Bill Devine was named as the Champions' Choice MASCAC Coach of the Year in a vote cast by his fellow coaches.

Top ten for the women Owls at the championship: Jessie Cardin—first place (17:55); Ashley Monahan—third place (19:38); Lind-

sey Wassung—fifth place (19:48); Andrea Noland—sixth place (19:54); Julie Carroll—ninth place (20:35). Each woman listed made the league's All-Conference team.

Top ten for the men Owls at the championship: Derik Noland—second place (26:15); Tim Forrest—third place (26:26); Patrick Brett—sixth place (26:35). Each man listed made the league's All-Conference team. Go Owls!

Note: The women MASCAC championship race was a 5k and the men MASCAC championship race was an 8k.

## Celtics show signs of success early in NBA season

**Kyle Finnamore**  
Voice Columnist

**During the heart of the** NFL season and World Series drama, a different kind of action is taking place in the NBA; more specifically, in Boston. The Celtics have officially begun their 2016-17 campaign and excitement around the team is very high, and with good reason.

Boston has started strong in the very early part of the season and looks to continue the momentum into the winter months. Although it is early to take a deep look at the standings, there is reason to be optimistic about the start for the Celtics.

The team is now 2-1

and on top of the Atlantic division, as well as fourth in the Eastern Conference. Their games included an opening night victory over the Brooklyn Nets, a loss in Chicago to the Bulls, and another victory in Charlotte over the Hornets. The Celtics' next two games should be considered measuring sticks as they face some of the best competition in the East with back-to-back games, starting with the Chicago Bulls and then a trip to Cleveland to face the defending champion Cavaliers.

The Celtics' team chemistry has been evident throughout their first three games, something that has been an important part of

their success over the last few years. The addition of all-star center Al Horford has appeared to have had no negative effect on the team's chemistry; in fact, it has seemed to strengthen it. Horford has the perfect skill set for this Boston team, adding another big man that can stretch the floor and play solid defense.

Along with Horford, new draft addition Jaylen Brown has shown glimpses of his worth as the 3rd overall pick in the 2016 NBA Draft. Brown has been able to make a positive impact off the bench, getting to the basket and playing great defense. It appears that he will be able to help

the team for many years to come.

Many people disagreed with the Celtics' choice to draft Brown, so he will be hungry to prove the haters wrong. As for the familiar faces of the squad, all-star point guard Isaiah Thomas has continued his rise to the top tier of NBA talent. The 5'9" point guard has continued to be a scoring machine, racking up 24.7 points per game, as well as 6.7 assists per game.

It is clear that the offense runs through Thomas, and with more attention on him, other players have been able to step up when needed. These players have included Avery Bradley, Amir Johnson, and Jae

Crowder, who finish out a solid starting five behind Thomas and Horford.

Overall, Boston has to be pleased with the team's start so far. Each player has played their role extremely well, and hopefully the excitement will continue throughout the year. The Celtics have high expectations; predictions of over 50 wins, playoff series wins, and even an appearance in the Eastern Conference Finals for a match up with the Cleveland Cavaliers, the team of the conference. If the Celtics want to accomplish these

goals, they will have to continue to improve and establish themselves as a serious contender.



# Brady Fuels Pats

**Michael Witts**  
Voice Contributor

**After losing to the Bills** earlier in the season, the Patriots wanted revenge going into Buffalo. This past Sunday, the New England Patriots improved to 7-1 on the season behind Tom Brady. The Patriots beat the Bills 43-25 after Brady threw for 315 yards and four touchdowns with zero interceptions yet again.

After his four-game suspension, Tom Brady has

come into this season absolutely remarkable.

Through his first four games he has a completion percentage of 73.1 percent, 1,319 passing yards, and 12 touchdown passes to go along with zero interceptions.

Brady, at the age of 39, looks to be at the top of his game. That is a scary thought for the rest of the league considering how great he has been throughout his entire career.

He was picking apart the

Bills defense, including a 53-yard touchdown pass to former Bills wide out Chris Hogan and another 53-yard pass to star tight end Rob Gronkowski.

This was Gronkowski's 69th touchdown of his career, setting a franchise record for touchdowns in just his sixth season in the league.

Stephen Gostkowski has had many struggles as of late, but this past Sunday he hit a 51-yard field goal which should help him gain

some confidence back. He has been a fantastic kicker his entire career and will play a pivotal role in the Patriots' success throughout the 2016 season.

In the latest and most shocking news for the New England Patriots, Pro-Bowl linebacker Jamie Collins has been traded to the Cleveland Browns for a compensatory third-round pick in next year's draft.

Jamie Collins was one of the best defensive players not only on the Patriots, but

also in the league. His athleticism was uncanny, and he wanted to get paid for his great contributions on defense.

Unfortunately, the Patriots did not want to give him the money he was asking for, and decided to look in a new direction.

Sitting atop the AFC East, the Patriots are heading into a bye week and preparing for the Seattle Seahawks to come to Foxboro in what could be a potential Super Bowl matchup.

from **MERCER** on page 2

ference on campus and genuinely know what's going on all the time, and having an honest input," she said.

When I asked Maddie what she loved about Westfield State in general, her answer was simple and straightforward. "100% the sense of community," she said.

"I love knowing a ton of people on campus and being able to strike up a conversation with most of the administrators here. I love how small and proud we are."

Though small campuses often have downfalls, Maddie said that our tight-knit community thrives on its size smaller size. Knowing a large population of the people you walk by, and genuinely enjoying those people, is something Maddie really loves about Westfield State.

"The people make up my love for this campus more than the physical campus does, even though our campus is actually stunning," she laughed. One thing that Maddie wants people to know about her is that she is approachable.

She said that her door is always open, and

that anyone can come to her with problems or questions. "We're always here to make a difference."

Whether it's programming or not, I want to hear about any problem they have," she said. "I want them to be able to recognize my face and approach me."

In regards to her position, Maddie wants people to know that she truly does want to hear other people's opinions. In regards to SGA, she wants the campus to know that everyone on SGA is approachable, too. "If you have a problem, the first place you should go is SGA," Maddie said. "We have way more power than a lot of students think."

Maddie's advice to someone considering running for an SGA position is to just do it. "It's just so rewarding," she said. "It's honestly one of the best things to be involved with on campus. And if it's not your thing, it's not your thing. But at least try it." Her advice to someone considering running for an executive board position?

"Be prepared to fight for what you genuinely believe will be the best thing for students," she said. Maddie noted the difficulty in this, in that sometimes you have

to put your own opinions aside to fulfill the needs of the campus.

Though difficult, the benefits far outweigh any of the tougher situations. "It's a lot of work, but it's an amazing experience," Maddie said. "Especially if you have an exec. team like mine."

Advice for someone running for her executive board position specifically was a tough one. Maddie said that being the VP of Programming is very much a balancing act between SGA and CAB.

"VP of Programming is much more than just designing programming through Campus Activities Board," she said. "It's overseeing all programming, encouraging more programming--new programming--and having something on this campus for every student."

As for life after Westfield, Maddie says that she--first and foremost--wants to graduate college. "I want to get through nursing school," she joked.

Maddie also plans on buying a dog as her first big purchase after graduating, as her love for her dogs at home is over the moon. More seriously though,

Maddie's goals for her future are a little more than just graduating from Westfield.

"I want to live a happy and fulfilling life" she said. "I need to make sure I'm okay with all the decisions I'm making after I graduate, because if not, I need to step back and reevaluate, she said."

In terms of her career, Maddie's still deciding between working as a nurse in an operating room or an emergency room. For her time left here at Westfield, Maddie's goal is to make an impact, whether big or small. She loves hearing feedback from students about programming that they liked and why they liked it. As for people on campus who inspire her?

"My fellow students inspire me the most, especially my exec team," she said. "Every single one of them has a specialty that they're so good at. Every single one of them pursues their position greater than their requirements, and that motivates me so much to stand up to their level and make them as proud as all of them make me."

Maddie Dexter is a woman of many talents.

She juggles nursing school, working, tutoring, and maintaining all campus' programming. It's a lot of weight to carry, but Maddie does all of it seemingly with ease.

from **MULLER** on page 1

in getting speed bumps implemented in the commuter lot in order to provide more safety for students.

Lastly, representing the commuter council, Jillian Tardi made a motion to appoint Allison Terkelson as a commuter council representative for the 2016-2017 academic year. The motion was moved and seconded, as there was no opposition or abstentions from the senate.

The next meeting of the Student Government Association will be on Nov 1, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely.



|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
|   |   |   | 6 |   |   |   |
|   | 5 | 2 |   |   |   | 7 |
|   |   |   | 3 |   | 9 | 5 |
|   |   | 7 | 3 |   | 1 | 9 |
|   | 2 |   |   |   |   | 4 |
| 8 |   | 6 |   | 2 | 3 |   |
|   | 8 | 5 |   | 9 |   |   |
| 3 |   |   |   |   | 8 | 6 |
|   |   |   | 7 |   |   |   |

Games & Leisure

Maze

|    |    |    |    |    |  |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|--|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  |  | 6  | 7  | 8  | 9  |    | 10 | 11 | 12 | 13 |
| 14 |    |    |    |    |  | 15 |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    |    |  | 18 |    |    |    |    | 19 |    |    |    |
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|    |    |    |    | 23 |  |    |    |    | 24 | 25 |    |    |    |    |
| 26 | 27 | 28 | 29 |    |  |    | 30 | 31 |    |    |    |    |    |    |
| 32 |    |    |    |    |  | 33 |    |    |    |    |    | 34 | 35 | 36 |
| 37 |    |    |    |    |  | 38 |    |    |    |    | 39 |    |    |    |
| 40 |    |    |    | 41 |  |    |    |    |    | 42 |    |    |    |    |
|    |    |    |    | 43 |  |    |    |    | 44 |    |    |    |    |    |
|    | 45 | 46 |    |    |  |    |    | 47 |    |    |    |    |    |    |
| 48 |    |    |    |    |  | 49 | 50 | 51 |    |    |    | 52 | 53 | 54 |
| 55 |    |    |    |    |  | 57 |    |    |    | 58 |    |    |    |    |
| 59 |    |    |    |    |  | 60 |    |    |    | 61 |    |    |    |    |
| 62 |    |    |    |    |  | 63 |    |    |    | 64 |    |    |    |    |

Chocolate

K L I M T S E I N W O R B C H O C  
C G O L Y N A S E M I S W E E T T  
E H N C S D E N E T E E W S N U O  
R C I I O E N I I G F I L L I N G  
S I O P K C L A D N A B F T E S E  
K F R N S A O F C E I O O M C T V  
N R H E F D B A F T R S O E H E I  
I C A T A E R T T U I G D D O G T  
R O R D S N C E C C R O N S C N C  
D O W E F T R T E U T T U I O I I  
G K H T A S P C I R P O H F L D D  
N I I E W M R U E O I C O T A D D  
I E T E S E P S R C N N A H T U A  
C S E S A E S I I Y D E B K I P O  
I T I M B E R L E U S A R O E A M  
A W F U D G E C E A R C A Y R S O  
S U G A R D T E S S U O M R S E E

- ADDICTIVE

BAKING

BARS

BITTERSWEET

BROWNIES

CAKES

CANDY

CHIPS

CHOCOLATIERS

COCOA

CONFECTIONERY

COOKIES

CREAM PIE

CUPCAKE

DARK

DECADENT

DELICIOUS

DESSERT

DRINKS
- FILLING

FONDUE

FOOD

FUDGE

ICE CREAM

ICING

INGREDIENT

MILK

MOUSSE

PUDDING

SEMISWEET

SUGAR

SWISS

SYRUP

TREAT

TRUFFLES

UNSWEETENED

WHITE

ACROSS

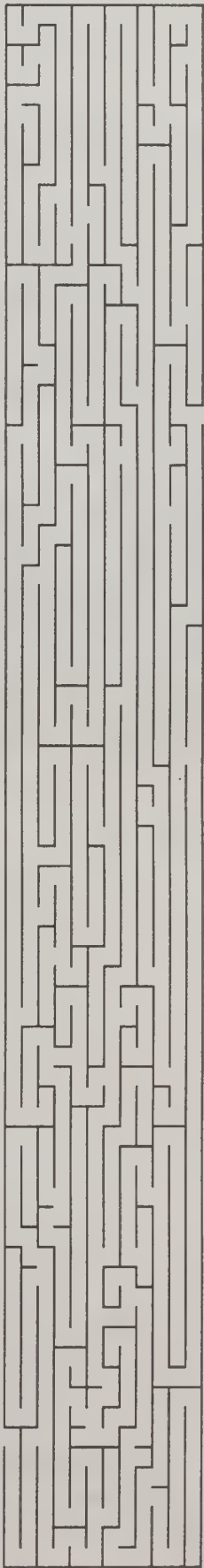
1. Tablet
6. Plod along
10. Website addresses
14. Log home
15. Bishop of Rome
16. Tidy
17. Blatant
18. Cards with 1 symbol
19. Small amount
20. Seafront
22. Again
23. Dawn goddess
24. Building addition
26. West Indies music
30. Wand
32. Submarine
33. Automatic trans-  
mission of data
37. Thunder
38. Vibes
39. Debauchee
40. Debilitates
42. Ringworm cassia
43. Unit of gold purity
44. Pester
45. Chalk
47. Not thin
48. Run away

49. Found on cave ceil-  
ings
56. French for "Wolf"
57. Small island
58. Product of bees
59. Being
60. Flower holder
61. Master of ceremo-  
nies
62. Doe
63. God of love
64. Incline

DOWN

1. Flat-bottomed boat
2. Magma
3. Assist in crime
4. Rubber wheel
5. Implore
6. Boxes lightly
7. Mentally irregular  
(slang)
8. Not closed
9. Carries (pregnancy)
10. Rude
11. French for "Queen"
12. Type of rubber
13. Goulash
21. Enemy

25. French for "Name"
26. Country bumpkin
27. Black, in poetry
28. Blunder
29. Wildlife warden
30. Type of cap
31. "What a shame!"
33. A city in western  
Russia
34. Chinese mafia
35. Graphic symbol
36. 365 days
38. Harsh
41. Consume
42. Small bag
44. Bleat
45. Near
46. Utilize again
47. Runs away
48. Skedaddled
50. Russian emperor
51. As well
52. Hefty volume
53. Ancient Peruvian
54. Adolescent
55. Visual organs







## THIS WEEK'S EVENTS

| Date        | Time   | Event Name                                                                    | Location           |
|-------------|--------|-------------------------------------------------------------------------------|--------------------|
| 11/4        | 6:30p  | Sabbath Service                                                               | Interfaith Center  |
| 11/4        | 7:00p  | WSU Paint Night — FREE!                                                       | Owl's Nest         |
| 11/4-5      | 7:30p  | MTG Presents: <i>Guys &amp; Dolls</i> Tix: \$2 for students                   | Dever Stage        |
| 11/5        | 2:00p  | MTG Presents: <i>Guys &amp; Dolls</i> Tix: \$2 for students                   | Dever Stage        |
| 11/5        | 12:00p | Football v. Worcester State                                                   | Alumni Field       |
| 11/6        | 11:00a | Sunday Mass                                                                   | Interfaith Center  |
| 11/7        | 11:30a | At A Common Table — Discussion Panel                                          | Interfaith Center  |
| 11/7        | 5:00p  | Indoor Cycling                                                                | Ely Fitness Center |
| 11/7        | 6:00p  | FREE Math MTEL Practice Workshop                                              | Wilson 346         |
| 11/8        | 11:00a | Common Goods Food Pantry Opens — FREE for ALL students!                       | 2nd Cong. Church   |
| 11/8        | 7a-8p  | ELECTION DAY!!! If you live on campus vote @                                  | 2nd. Cong. Church  |
|             |        | POLLS OPEN @ 7am!!! Live @ Lansdown? Vote @                                   | Senior Center      |
| 11/9        | 11:30a | Commuter Luncheon                                                             | Tekoa Room, DC     |
| 11/9        | 1:00p  | Prison Poetry                                                                 | Wilson Aud. B      |
| 11/9        | 5:30p  | Business Club Networking Dinner                                               | Scanlon BNQT       |
| 11/9        | 6:00p  | Drop-In Writing Help                                                          | Ely Library        |
| 11/9        | 7:00p  | Sacred Scripture Conversation & Reflection                                    | Interfaith Center  |
| 11/10       | 5:00p  | Multicultural Student Association Meeting — Open to ALL!                      | Unity Room, Ely    |
| 10/23-11/27 |        | Shoes for Haiti! Drop boxes located in all residence halls & in               | Ely Lower Level    |
| 11/7-12/2   |        | Donations for the homeless! Drop box located in Wilson Hall near Psych. Dept. |                    |

**Lost and Found Ely 41 or Public Safety**

For a complete list of events please go to [www.westfield.ma.edu/studentactivities](http://www.westfield.ma.edu/studentactivities)

email [mlshelton@westfield.ma.edu](mailto:mlshelton@westfield.ma.edu) if you would like to advertise your event on the outdoor screens and student activities calendar

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
Fri & Sat 7 a.m. to 9 p.m.

### Ely Harvest

Mon-Fri 7 a.m. to 11 p.m.

### The Perch

Sun - Thurs 9 p.m. to 1 a.m.  
Fri & Sat 9 p.m. to 2 a.m.

### Dunkin' Donuts

Mon - Fri 7 a.m. to 11 p.m.  
Sat & Sun 10 a.m. to 10 p.m.

### Wilson Cafe

Mon - Thurs 8 a.m. to 8 p.m.  
Fri 8 a.m. to 6 p.m.  
Sat & Sun closed

### Garden Cafe

Mon - Fri 8 a.m. to 2 p.m.  
Sat & Sun Closed

### TJ Bistro

Mon-Thurs 8 a.m.-12 a.m.  
Fri 8 a.m.- 1 a.m.  
Sat 10 a.m.-1 a.m.  
Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
Sat - Sun 5 p.m. to 1 a.m.

### Ely Library

Mon - Thurs 8 a.m. to 12 a.m.  
Fri 8 a.m. to 5 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 1 p.m. to 12 a.m.

### Ely Wellness Center

Mon - Thurs 6:30 am to 10:30 pm  
Fri 6:30 a.m. to 7:30 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 12 noon to 10:30 p.m.

### Bookstore

Mon & Thurs 9 a.m. to 5 p.m.  
Tues & Wed 9 a.m. to 7 p.m.  
Fri 9 a.m. to 4 p.m.  
Sat 12 noon to 4 p.m.  
Closed Sunday

### The Westfield Voice's Office

Mon 6:30 p.m. to 9 p.m.  
Tues 6:30 p.m. to 10 p.m.  
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528



# The Westfield Voice

FRIDAY, NOVEMBER 11, 2016



westfieldvoice.com

@westfieldvoice

## RHA attends NEACURH at SUNY Oneonta

*Delegate Rachel Cofsky places in top ten for active program out of 44 total programs*

### Gina Muller

Editor-in-chief

On Friday, Nov. 4, seven members of the Residence Hall Association and from hall councils attended The Northeast Affiliate of College and University Residence Halls Regional Leadership Conference hosted by SUNY Oneonta.

The conference lasted from Friday, Nov. 4 to Sunday, Nov. 6, and over 350 students from schools across New England and New York attended. The conference is completely student-run, and attendees have the opportunity to participate in programs and boardroom forums.

Boardroom acts as a type of business meeting for presidents and national communications coordinators to vote on proposed legislation and other potential awards and future conference sites.

Students also have the opportunity to learn more about programming, expand on their leadership skills, and network with other student leaders from across the region. Westfield State delegates brought back new ideas on how to improve residence hall programming.

They also expanded upon their leadership skills to better fulfill the obligations of their positions on campus. Each conference has a



PHOTO TAKEN BY JESSICA HUFNAGLE

*Delegates Emmett Witherspoon, Rachel Cofsky, Brendan McKee, Eileen Shaw, Marcus DiBacco, Gina Muller and Alysia Rivera attend the NEACURH Regional Leadership Conference at SUNY Oneonta*

theme, and this year it was "Marty Potter and the Order of NEACURH," a spin on the Harry Potter franchise. Marty the Moose is the official mascot of the NEACURH region.

There is an annual regional conference which is held in the fall, and the mini conference will be held at SUNY New Paltz in the spring.

"This was my third time attending a NEACURH conference. We have a different delegation and a different experience every time but it's never any less wonderful," said Eileen Shaw, national communications coordinator. This year, Rachel Cofsky placed in the top ten for her

program "Potions for Powerful Programming."

Presenting to a room filled to capacity, Cofsky presented her program on how to improve campus programming, and gave helpful advice and ideas on how to produce an influential and effective program.

Since the program was voted into the top ten out of 44 programs, Cofsky had the opportunity to present her program for a second time.

"I went to two NEACURH conferences my first-year, and that's what really jump started my interest in student leadership," said Cofsky. "Now in my senior year, I wanted to go back and present on some things I've

learned through those positions in my time being an RA, HRA, orientation leader, program assistant, etc. I'm passionate about powerful programming and tackling tough topics, and my presentation was a great way for me to share that!" The keynote speaker this year was SUNY Oneonta's Ryan Harrington. He spoke about his own life. He offered up advice to the delegates about how to live a fulfilling life, and talked about methods of self-improvement and development. He related many aspects of his presentation to the theme of the conference, which was Harry Potter. After a day of attending programs the delegates assem-

bled for the evening banquet where awards were given, including a certificate for placing in the top ten programs. After the banquet, delegates also have the opportunity to participate in a dance social and swap shop. During swap shop, delegates can trade apparel and other collegiate paraphernalia. "I had a great experience at the NEACURH conference. The people and experiences I had will help me to better myself and our school," said Marcus DiBacco, national communications coordinator in-training. Other awards given at the ban-

see MULLER on page 18

### In this week's issue

#### Campus News & Life

Campus Parking  
SGA  
Rebecca Kennedy Profile  
Cadet of the Week  
Davis Hall Event  
PVTA

#### Op-Ed

Respect and Response  
Electoral College  
Trump Victory  
Gail's Guidance

#### A&E

Learned Ladies

#### Sports

Cross Country  
Patriots  
Women's Volleyball

The objective student press of Westfield State University

VOLUME VIII, ISSUE VII

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, NOVEMBER 11, 2016

## News from other schools

### The Berkeley Beacon Emerson College

Emerson University now offers a degree titled Comedic Arts, Bachelor of Fine Arts. Over 42 students are in the comedic program and the degree focuses on three main components of comedy: writing, performance, and production.

### The State Times SUNY Oneonta

Transgender rights activist Janet Mock came to the university and was interviewed by the school's president, Dr. Nancy Kleniewski. Mock is a contributing editor at Marie Claire and the TV host of So POPular!

### The Washington Square News New York University

Students from NYU called for gun reform and anti-police brutality at Columbus Circle in a peaceful protest. Students were reported to be chanting, disarm the policedz and white silence is violence.

### The Daily Collegian U. of Mass Amherst

More than 100 students protested the recent the election of Donald Trump on the campus. More protests at other colleges are being organized across the country.

## Westfield State University takes action with the parking fiasco

Matt Santo  
Voice Contributor

Mike D'Agostino  
Voice Contributor

At the beginning of the 2016 fall semester, the parking conditions at Westfield State University were "horrendous circumstances," as some students called it. There was a surplus of cars on campus like never before.

Students were not only coming to class late because of scarce parking, but in fact, they were also missing classes. Due to the lack of parking, students were taking action by parking on the grass and other places not suitable for vehicles.

A small group of students led by Westfield's own Nick Kates got together and went to the top of this issue. It looks as if their demands for a solution were heard. As more students began to complain, it seemed as if the parking situations were beginning to get better.

The amount of students who were illegally parking in lots without passes cut down significantly once public safety



PHOTO FROM SMUGMUG

began fining those specific offenders. It was now time for the school to take action.

The vice president of student affairs, Carlton Pickron, believes the school handled this issue as well as they could have. Pickron said the school added 50 plus parking spots in the Dower Center which helped tremendously.

"We explored our options and were able to move the construction company working on campus which made a lot

more spaces available to our students," said Pickron.

Other steps were taken such as cutting back on the number of parking passes given out, as well as waiving tickets for first time offenders. While situations have gotten better, some are still outraged.

"I don't think they have handled the issue at all, the lack of parking spaces is too much," said Mark Hennessy, a senior at WSU. "We all try to come on time and

there are no spots so we park in the teacher's lot. . . Bam. Ticket."

When Mr. Pickron heard there were some students who were still unsatisfied, he said that there are future plans to expand the parking lots in multiple locations on campus.

While there are still some expected hiccups in the road, the students and faculty just have to deal with the current situation at hand until more elaborate steps can be taken.



# New Higher Ed Higher Ground Initiative discussed at SGA meeting

**Ryan Caulfield**  
SGA Correspondent

**On Election Day,** The Student Government Association invited Christina Swaidan, Interim Dean of Undergraduate Studies, to discuss new programs and events that academic affairs is planning for students on campus.

In addition, a finance report was presented to the SGA as well as the effects question 4—legalization of the regulation and taxation of marijuana—will have on campus if the question were to pass on election day. Matthew Carlin, president of the SGA, welcomed Swaidan to her first SGA meeting and she immediately embraced the welcome with humor and grace.

"I started off here at Westfield as a pregnant adjunct, waddling the halls of Wilson," she said humorously. From an adjunct professor, she became a full-time faculty member, chair of the art department, and now a dean of undergraduate studies.

"I am at Westfield because I love it. I believe in it and the possibilities at Westfield. At Westfield, anything is possible," Swaidan said. A new initiative Swaidan talked about was Higher Ed Higher



PHOTO TAKEN BY DELANEY GEMBIS

*Dean of Undergraduate Studies, Christina Swaidan stands before The Student Government Association to discuss the Higher Ed Ground Initiative*

Ground.

This leadership initiative is to create a space on campus that lets students talk freely about issues outside of the classroom in the real world. Politics around the world, social justice issues in the country, and local events are topics students can discuss freely with one another.

"At this point in the game in higher education, when we are so academically focused that we do not talk about the world we live in, that is a problem for me," Swaidan said. She said the space will give students a chance to find their voice on issues and interact with others

to hear other points and learn views.

The space created for students is called a "freedom circle," Swaidan said, where no judgments or discrimination will be passed on a student if they want to talk and learn how to interact better with others.

The speaker coming to the first event coined the term "freedom circle." "We need to learn how to communicate with each other regardless of our race, ethnicity, religion, economic status, and sexual orientation.

We need to be able to just talk, because no matter what happens in this world, it is still

our world and we are all in this together," said Swaidan. The first of four planned "freedom circles" will be held on Nov. 29.

Details of the event will be sent out by email. Swaidan also said more deans like herself have and will start to make more appearances at student events and the Dining Commons to make connections with students outside their offices.

After Swaidan, vice president of student life Brendan McKee said that the ballot question that would legalize, regulate, and tax marijuana as a consumer product in Massachusetts would

not affect campus policy on smoking. The University prohibits marijuana on campus regardless if it is medical or not.

McKee stated the punishment for students who are guilty of possessing the drug will follow the proper enforcements and sanctions. These three levels of sanctions are: ten hours of community service and \$100 fine, suspension from University housing for one academic semester or more, and then suspension from the University.

McKee ended by an-

see **CAULFIELD** on page 11



# The Student Government Association's Executive Board: A Profile Series

## Rebecca Kennedy

**Sandra Mercer**  
Head Copy Editor

*The Student Government Association's executive board consists of eight Westfield State University students dedicated to the embetterment of the campus community. These eight people spend countless unpaid hours working toward creating a more inclusive, productive, and efficient university. Over the next eight weeks, these students will be highlighted in a profile series documenting their lives before, during, and after Westfield State.*

**The Legislative Secretary** of the Student Government Association is a position often taken for granted. This person essentially oversees the contributions that the senators are making to create a better campus community; overall, a pretty tough job. SGA's current legislative secretary, Rebecca Kennedy, has taken on this role with pride and expertise.

Rebecca grew up in Readville in Boston, and attended three prestigious high schools: the John D. O'Bryant School of Science and Mathematics, Snowden International School in Copley Square, and Beacon High School, the smallest of the three.

"The Beacon only had 64 kids, so when my class graduated like half the school left," she said, laughing.

Growing up, Rebecca was very quiet, and her neighborhood didn't have many kids. Though she admits that she's still a very quiet person, she attributes her growing openness to her involvement with SGA. In high school, Rebecca was involved with her prom committee, and even created the first arts and literary magazine called

The Foghorn.

"I was the editor-in-chief by default because I was the only one working on it," she laughed.

Rebecca also was--and still is--very interested in reading

the news and keeping up with current events, something not many other kids her age were very interested in.

"I was always the one who wanted to talk about current events, and nobody else was into that," she said.

Rebecca said that although she still considers herself to be a quiet person, she's a lot more willing to get involved since her time in high school.

"I'm like a completely different person now because I never saw myself as a leader," she said.

Rebecca also said that she's gotten a lot better at facing her fears, and is more willing to put herself out there. Her anxiety disorder usually prevents her from public speaking, but since joining SGA, this is something she has to do on a relatively regular basis. She notes that this is something she never would have done just a few years back in high school. Rebecca is also very much into activism, both foreign and domestic.

"If I see something I want to change, I change it," she said.

Rebecca's rigorous academic responsibilities stem mostly from her incredibly interesting major: political science with a concentration in international studies and a minor in asian studies, history, and sociology. That's right: a major, a concentration, and three minors. Seems nearly impossible, right? Not quite. Rebecca takes all of this on with incredible skill.

When first applying to college, Rebecca admits that she only did it because her guidance counselor wanted her to. At the time, she was really just trying to get through high school. One high school course in particular, a cultural studies and politics class, really sparked her interest and lead to her eventual decision on a political science major. Also, when Rebecca arrived at Westfield, she took principles of sociology and found it very interesting.

"It was kind of like being a social detective," she said.

In regard to her history minor, Rebecca actually received



PHOTO TAKEN BY DEANAY GENIES

an email from the minor director letting her know she only needed a few more courses to complete the history minor. She figured it would be good for her major--plus, she needed 18 more credits to graduate.

When applying to colleges, Rebecca focused on state schools as she received the John and Abigail Adams scholarship.

"Westfield was really the only school that took the time and spoke to my guidance counselor," Rebecca said. "I kind of like to think about it like I didn't choose Westfield, Westfield chose me. They were the only ones who put in the effort."

Aside from her position on SGA exec, Rebecca was also on hall council for two years, serving as president of Courtney Hall her sophomore year and as an SGA rep to senate for University Hall her junior year. She is also member of the Multicultural Student Association (MSA) and is a student representative on the international programs committee, which recommends courses for approval. Soon, Rebecca will be chairing the Blue Key Committee and is currently in the process of creating an ad hoc committee for the SGA unit system.

Rebecca is also the founder of Maintainer's Appreciation Day, an event she started her sophomore year of college and during her first year on SGA. This is an entirely student organized and student funded event, and it is the only event of its type for maintainers.

"It's meant to be a way for

students to give back and say thank you for all that maintainers do because they're not really a recognized bunch," Rebecca said. "They're very important and they're very necessary."

As the legislative secretary, Rebecca is in charge of the unit system. Each month, senators are required to do four units and report them to Rebecca by the end of the month. These units are earned by volunteering, attending events, and helping with publicization of campus events.

"Essentially I am in charge of the accountability of senators: how active they are in their committees, how active they are on sga, and how active they are in the campus community," Rebecca said. "[Units] are essentially a way for me to measure how involved the students are in the community and constituencies. I am the one who's making sure SGA is going to be on Tuesday's at 5:30."

Rebecca said that she works with all the senators and for the campus community.

"I think I might be the position that works with the senators the most, making sure we're all doing what we need to do to be successful senators and leaders on this campus," she said.

Rebecca said that she decided to run for this position because she realized how important SGA is, especially after being a senator for two years.

"I guess I just realized how important and how big of an impact SGA has on campus. And I wanted to have a say in that, and being in charge of the units to make sure we're being as active as we can," she said.

As for the most rewarding part of her job?

"I always get really excited when people are able to accomplish something they really want to," she said.

Rebecca's dad has been a maintainer at Boston College for several years, and she has heard many horror stories from him about the difficulties of the job. When Rebecca set out to create Maintainer's Appreciation Day, she kept her dad in mind.

"Me being able to accomplish that and getting that opportunity through SGA was amazing to me," she said. "Knowing that could happen for anyone on campus anything they really want to is incredible."

Rebecca encourages anyone on campus with an idea to come to SGA to help make that a reality.

"We are not here to put a limit on you, we are here to help you to reach your potential. We are your voice and we are here to help you," Rebecca said. "There's just so much possibility."

As for the most challenging part of her job, Rebecca notes the frustration behind people's lack of knowledge about SGA. She wants everyone to know what SGA can do for them, and that SGA is not a scary place.

"I think people see the word government and they're very taken aback," she said. "It's frustrating that they don't know what we're here for and what we can do for them."

Rebecca said that she loves SGA for many reasons.

"I love the people. I love the possibility of it," she said.

"I love being able to have a say and have the administration listen. I feel like that's a very rare occurrence in any organization, college or otherwise. I want to take advantage of being able to have a say."

In regard to Westfield in general, Rebecca loves going to a smaller university. The smaller class sizes really work for her, especially because it provides a way to make closer connections with professors.

"My only other type of experience was at Boston College visiting my dad," she said. "We get the amenities and the abilities that a larger school has, but we're not swarmed by 25,000 people. It's an actual community and not just a little city."

As far as what Rebecca wants people to know about her, it's pretty simple.

"I'm a nice person," she

see **MERCER** on page 18



# Cadet of the Week

**Evan Wilson**



My name is Evan Wilson. I'm a sophomore and I am studying criminal justice here at Westfield State University. I chose to join ROTC to learn more about the military and eventually commission as an officer in the United States Army. The program is fantastic. With regular physical training, it gets you in great shape. I've learned an incredible amount about the U.S. Army through it, and continue to learn every day.

## Westfield State hosts Military Appreciation Night at Veteran's Day Football Game

**From News Release**

WESTFIELD- Westfield State University will honor its student veterans and all attending military members and their families with Military Appreciation Night at the November 11 football game against Western Connecticut State University. The Veteran's Day event begins on campus at 5:30 p.m.

Westfield State currently has 231 military-connected students registered including active-duty, veterans, and family members.

The night event begins with a free Military/Veteran Resource Fair at 5:30 p.m. and a tailgating party from 6 to 7 p.m. in the Horace Mann Center parking lot.

The fair includes information for veterans and military members with representation from Homeward Vets, State-wide Advocacy for Veterans' Empowerment (SAVE), the Team Red, White, and Blue Springfield Chapter, and the U.S. Family Health Plan among others. In addition, there will be a collection for Homeward Vets; an organization which serves veterans in need who are underprivileged and underserved, to build their lives. Items in need include silverware, cups, plates, pots, and pans. The free tailgate party begins at 6 p.m. and hamburgers, garden burgers and hot-dogs will be served.

"At Westfield State University, we have a strong commitment to our military, veterans and family members because we understand our military com-

munity," said Lisa Ducharme, Westfield State's veteran and military services coordinator and a retired noncommissioned officer in the U.S. Air Force. Ducharme explained that in addition to our current services and support for our military students and families, the Massachusetts State Budget for Fiscal Year 2017 contains \$50,000 to establish a Military Excellence Center at Westfield State University.

The Nov. 11 football game begins at 7 p.m. on Alumni Field with student veteran Jonathan Taylor '18 of Westfield, Mass. singing the National Anthem. The Legion family in Westfield, which includes the American Legion, American Legion Auxiliary, and Sons of The American Legion will post the colors before the start of the game. Game admission is free for veterans and military members with IDs, Westfield State students, faculty, and staff. Adult tickets are \$6 and students and senior tickets are \$3.

To park in the Horace Mann Center parking lot, please RSVP by Nov. 10 to Ducharme at [LDucharme@westfield.ma.edu](mailto:LDucharme@westfield.ma.edu) or visit <https://secure.blueoctane.net/forms/SMO8I-8Y3T97U>.

Military, veterans, family members, and collegiate seniors will all receive buttons designating the celebration.

The event was organized by Westfield State University Athletics, the Office Veteran and Military Services, and the Westfield State Veterans Association.



# from the voice vault

This article was published in the **May 15, 1984** issue of The Westfield State Owl.

## Senate Misses a Contract Deadline Senators Say "We Were Not Aware!"

By SCHOTT/  
NADEAU/KULPINSKI

Student ratification of the Massachusetts State College Association (MSCA) contract missed its April 23 deadline. According to Ronald Michaud, president of the MSCA Westfield chapter, students have lost participation in college community governance.

Student Senate officials say they were not aware of the deadline.

Michaud points to Article VII, Section H of the contract, which states that a referendum vote is to be conducted by the campus student government body, i.e.

Student Senate, not later than 60 days after the governor's signature and ratification by the Board of Regents is received.

Michaud said that ratification took place February 23, which made the student ratification deadline April 23. That date fell three days before the referendum passed in the April 26 and 27 Senate-run, campus-wide elections.

That referendum stated, "Shall the students of Westfield State College participate in decision-making at the college as provided for in the contract executed between the Massachusetts Teachers

Association / MSCA and the Board of Regents of Higher Education?" The referendum passed by a 791 to 56 margin.

Because of the missed deadline, students will be unable to have members on governance committees for the duration of the contract which expires June 30, 1986. The committees involved are the All-College Committee, Academic Policies Committee, Curriculum Committee, Long-Range Planning Committee, and Student Affairs Committee.

Michaud said that he "feels badly" about the situation, but that there is "little I can do because the

contract is a legal, standing document, and we are bound very strictly by its deadlines as such."

He added, "A contract is a contract. If we have to adhere to deadlines, then we all have to adhere to the deadlines."

A statement released by the Student Senate states, "We are indeed surprised to learn of this interpretation of the agreement (contract) by the local chapter head.

"If certainly would be unfortunate if the MSCA was actually trying to prevent students from participating in the governance of this or any other campus. The

faculty union would seem to need the organized support of the student body.

"At this point, we will have to confer with council to see whether there is any merit to Mr. Michaud's claim."

Senate executives say the change will affect about 15 students on committee. The consequences, however, will be felt campus-wide.

Senators say they had no idea that this action would be taken by the MSCA. They declined further comment about the reasons for the missed deadline until the Senate's lawyer could be contacted.

This article was published in the **October 1, 1990** issue of The Westfield State Owl.

## Field Hockey Team In Transition Season

By Gary Trask

The 1990 Westfield State field hockey team is in a transition year but still plans to remain competitive in the Mass. State Conference and beyond.

There are six starters missing from last year's 8-6 team. The team has no seniors and eight freshmen on the roster, to go along with a first-year head coach. Although this may sound like the team is in for a long season, the Lady Owls have played well in

their first three games, compiling a record of 1-2 that has surprised head coach Jim Ayotte.

"We've played well considering what we've had to go through, Ayotte said, "But we still have a lot of work to do."

One player who has not been affected by all the changes is junior Heather Cabral. Despite a nagging shin splint injury, the first team all conference performer from last year has recorded two goals and one assist in the first three games.

"She's amazing," Ayotte said, "She's been hurting but she is the type of player who won't come out unless I force her to."

Also aiding the team's offense has been sophomore Michelle Downing, who has scored a goal and assist in the opening games.

Ayotte admits that working with the large number of freshmen on the roster has been difficult for a first

year coach, but so far the freshmen have responded to playing on the college level.

"It's tough to coach girls who are new and have old habits from high school, especially because we didn't have a long preseason," he said, "But I have had a few surprises from the new girls and it's been a great help."

One of the freshmen who has played well is Kerry Murphy, an all-star player at Holliston High School. Ayotte said that "in one day of practice she outshined everyone." Also, freshman Kathy Winchester, a Gloucester High all star last year, has played well thus far.

Two players that have surprised Ayotte are sophomores Karen Colantonio and Kerry MacIssac. "They have both improved two hundred percent from last year," he said.

Returning in goal for the team is sophomore Michelle Finnie, who last year shared the time between the

pipes with fellow sophomore May Storms. In 15 games last season, the pair allowed only 13 goals and compiled a combined record of 5-4. Finnie has gotten most of the playing time so far this year.

"Michelle has played great so far," Ayotte said, "I hope she can keep it up."

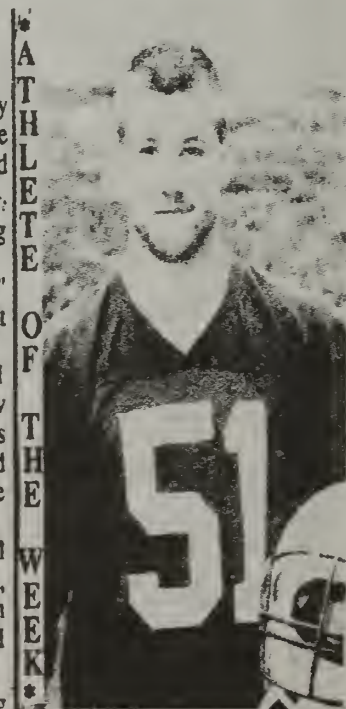
Completing the list of the 11 returning players, all of whom saw extensive action last year, are juniors Leah Prescott, Andrea Campbell and Marci Olson, and sophomore Nicole Leroux.

As his team entered the annual Elms Tournament this past weekend, Ayotte felt that his team may not win every game of the season, but will show up and play well.

"We have too many hard working girls to let any team totally dominate us," he said, "If anybody does beat us, they are going to have to take it from us."



Junior Marci Olson



sophomore linebacker Steve LaFond is this week's Athlete of the Week. Steve's outstanding play was the key to the team's first victory last week against Fitchburg. (See story Page 6)



## Westfield PVRTA bus pavilion: public safety hot topic with local business owners

**Corey Poulin**

Voice Contributor

**Radiance Flowers**

Voice Contributor

The city of Westfield is redeveloping downtown with the construction of the new Pioneer Valley Transit Authority bus pavilion with hopes to help people who rely on PVRTA and to help boost local small business.

According to an article by MassLive, the cost of the project is approximately \$6 million.

The feedback from small businesses owners has been mainly positive; however, they have a few concerns about public safety and the possibility of increased criminal activity.

"I'm very concerned about the possible increased criminal activity such as trespassing,



PHOTO FROM PBS.TWIMG.COM

loitering, littering, public intoxication, as well as breaking the open container law" said Joe Wynn, owner of Two Rivers Burrito Company.

"I've seen many unlawful activities outside of my restaurant when I park my car in the morning." He feels this project could have a potential negative impact if not properly monitored

by police. Sergeant Eric Hall of the Westfield Police Department shared those same sentiments.

Sergeant Hall said that the WPD has been in contact with the PVRTA and has been present during their meetings with city officials at the Westfield City Hall, offering their recommendations regarding public safety during and after

the construction of the project.

"We have a strong patrol watch among three to four policemen who patrol the area around the clock at all times," Sergeant Hall said when asked about how much patrolling the WPD will do around the new pavilion.

"Should there be a massive uptick in crimi-

nal activity with this project, we will most certainly increase our patrol presence that is deemed necessary."

Joshua Rickman, Manager of Operations and Planning for the PVRTA, said that the pavilion will hire security guards during normal operating hours seven days a week; However, Andrey Sokol, a PVRTA driver, said many local bus drivers like him are still concerned about this issue.

Only time will tell how the new PVRTA pavilion will impact downtown Westfield. The general hope—according to small business owners—is that this project will help Westfield become more modernized and revitalized with a strong local small business infrastructure for the future.

## Davis Hall event draws a crowd

**Teresa Brossi**

Voice Contributor

It's Oct. 27 and looking like a winter wonderland here at Westfield State University. However, this did not stop over one hundred students from taking part in Oksoberfest.

Mocktails were served to quench everyone's thirst, and "drunk food" for anybody that loves wings. Laughter was shared as people tried to complete an obstacle course using drunk goggles, while others stumbled playing twisted twister. Davis Hall's table was one of the big-

gest hits of the event. People were given 5 fill-in-the-blank questions to answer, each giving them an extra guess at how much candy corn was in a glass pumpkin jar.

We were shocked to realize that despite the AlcoholEDU and Haven courses that students are required to take here at WSU, people still struggled immensely, and were way off with their answers.

This shows the importance of events like Oksoberfest, and how important it is for people to take these courses seriously. Overall, this event was definitely one

of the best events that has occurred on campus so far. There was a good turnout and a myriad of events that students could participate in.

At all the stations there were opportunities to learn about the effects about alcohol on our bodies. For all those who are wondering: the glass pumpkin at Davis Hall's table had 612 candy corn in it, and we will be contacting the winners soon.

From left to right:  
Mackenzie Gagnon, Algenis  
Joaquin Ortiz, Ryan Begin,  
Teresa Brossi, Dianelise  
Acevedo (top right), Ashley  
Whitaker



PHOTO PROVIDED BY TERESA BROSSI



# opinions & editorials

FRIDAY, NOVEMBER 11, 2016

## *Respect and response: 2016 presidential election*

**Nathan Godard**

*Op-Ed Editor*

**American** presidential elections have always been times of disunity, mudslinging, feuds, scandal, and general dissension. It's what comes out of a two-party system coupled with the right to free speech and the freedom of the press, both valuable freedoms.

The 2016 election has not been any less dividing in its effect on the American people and their faith in the political process; however, it may be the most controversial since Bush won the presidency over Al Gore.

Gore won the popular vote, but lost due to lack of electoral votes. The Donald Trump vs. Hillary Clinton election is not different or unique from a historical context.

However, what it does represent is a unique experience for the new generation of voters who have not lived through multiple presidencies as registered voters. This new generation of voters will form the generation of voters which will shape America's history in the coming years.

It remains to be seen how this election will affect their voting practices: to motivate them to go to the polls, or to have an increased lack of respect for the legitimacy of the presidential election process.



PHOTO FROM CNN

With that being said, I understand that this was a momentous election, carrying with it the possibility of affecting people many years down the road.

I understand the passion, the anger, and the confusion that many may feel regarding the results of this election. However you feel, allowing those strong emotions to then decide whether or not someone who voted for the other candidate is still a friend of yours still is petty.

Part of American culture is the right to freedom of speech and expression. Part of this is being able to disagree with one another. The reality of the world is that these disagreements and this speech may offend different parties in-

involved; that is the unfortunate nature of the beast. When you hear that a friend of yours voted for Donald Trump or Hillary Clinton, it is your right to disagree with how they chose to use their vote. However, it is petty to target them, call them out, and label them for their vote.

If you disagree with them, and want to have a form of discourse, discuss your views with them. Attempt to educate them; it doesn't need to be aggressive, because if you are, all you are doing is attacking them for their beliefs. Attacking an individual's beliefs isn't really right for either party involved.

Unfortunately, that is what I am seeing a lot of on social

media, as well as between friends and family, subsequent to this presidential election. Are we better than that? Can we be better than that?

If you feel that America has been hurt by the presidential election results, what better way to attempt to heal America other by uniting and attempting to educate your fellow voters? I beseech my fellow citizens to respect the choice of your fellow citizens as you would hope they would respect yours.

Do this even when they go out of their way to disrespect yours. Show that you are above the mudslinging; unite and attempt to address the situation with all available processes under the law.



# Trump victory: a terrifying reality

**Sandra Mercer**

*Head Copy Editor*

On Nov. 8, 2016, Donald J. Trump was elected the 45th president of the United States of America.

I fear for the lives and well-being of my friends who are disabled, who are people of color, who are women, who are mentally ill, who identify as LGBTQ-IA+, who are immigrants, who are altogether marginalized in any way. Trump's blatant disregard for anyone other than the American-born, straight, white, cisgendered, Christian male is unfathomable. I am terrified as a woman. As a person with mental illness. As an ally. As a human being.

Here's why.

While in court for a real estate lawsuit in 2011, Donald

Trump called a female attorney "disgusting" for requesting a medical break because she needed to pump breastmilk for her 3-month-old. When Trump and his representation refused, the attorney took out the breast-pump and Trump stormed out of the courtroom. He

did not return to court that day.

Trump falsely claimed that he saw "thousands of people cheering" on 9/11 as the towers came down, saying that New Jersey has "a heavy Arab population."

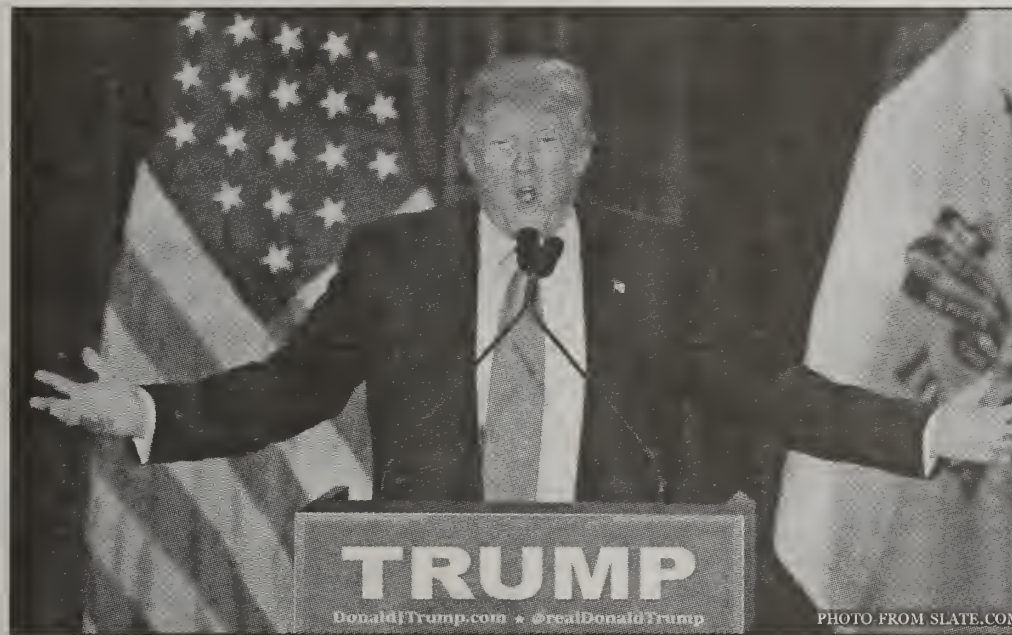
While hosting his television show *The Celebrity Apprentice*, he called deaf actress Marlee Matlin "retarded" on several occasions.

Trump has had over 60 lawsuits filed against him because he didn't pay bills. These unpaid bills include, but are not limited to: dishwashing service, a glass company, real estate brokers, bartenders, plumbers, and painters. Let me remind you that Trump is a multi-millionaire.

Trump called actress Rosie O'Donnell a "big, fat pig" in a 2006 interview with Fox News.

Following the deadly shooting at Pulse, a primarily

LGBTQIA+ nightclub in Florida, which resulted in 49 deaths, Trump tweeted the following: "Appreciate the con-



grats for being

right on radical Islamic terrorism, I don't want congrats, I want toughness & vigilance. We must be smart!"

He defended former campaign manager Corey Lewandowski after he assaulted Michelle Fields, a former writer for Breitbart, at a Trump press event in early March 2016.

Trump claimed to not support the war in Iraq. In actuality,

Trump told Howard Stern in an interview in 2002--before the war began--that he did support a potential war. One day after the invasion of Iraq, Trump said in an interview with Fox News' Neil Cavuto that the war appeared to be "a tremendous success from a military standpoint," and that Wall Street was "just gonna go up like a rocket, even beyond."

He defended former Fox chief Roger Ailes after sexual harassment allegations arose from several female Fox employees. Trump said that the woman shouldn't be "complaining" after "how much [Ailes's] helped them." When he was asked what his daughter Ivanka should do if this were to happen to her in the workplace, he said that he hoped she would "find another career or find another company" to work at.

At a rally in Iowa, Trump said that he could "stand

in the middle of 5th Avenue and shoot somebody and [he] wouldn't lose voters."

When Natasha Stojnoff, writer for *People* magazine, came out with allegations that Trump sexually assaulted her on a plane in the early 1980s, Trump said, "take a look . . . I don't think so," insinuating that she was not attractive enough for him to assault.

In 2013, Trump tweeted the following in regards to sexual assault in the military: "26,000 unreported sexual assaults in the military--only 238 convictions."

What did these geniuses expect when they put men & women together?"

At the Republican National Convention, Trump vowed to protect

Article XII of the Constitution. Article XII of the Constitution does not exist.

In regard to Kim Jon Un, North Korean dictator, Trump said the following: "Even though it is a culture and it's a cultural thing, he goes in, he takes over, and he's the boss. It's incredible."

During a presidential debate in early March 2016, Trump said that he would order the U.S. military to murder the families of Muslim terrorists, and use torture interrogation tactics--both considered war crimes under international law. When one of the moderators

mentioned that the

military was supposed to refuse these orders because of their illegality, he said: "They're not going to refuse me. If I say do it, they're going to do it."

In a recorded conversation with former Access Hollywood employee Billy Bush, Trump said: "I just start kissing them."

It's like a magnet. Just kiss. I don't even wait. And when you're a star, they let you do it. You can do anything . . . Grab them by the p---y." Along with these comments, Trump also stated that he made unreciprocated advancements on a married woman, commenting on her breasts and saying that he "did try and f--k her."

Trump said that abortion should be made illegal, and that "the doctor or any other person performing this illegal act upon a woman would be held legally responsible." He also said that a woman who has an abortion should undergo "some form of punishment." Additionally, he had previously claimed he was "pro-choice in every respect" in a 1999 interview with *Meet The Press*.

He mocked disabled New York Times reporter Serge F. Kovalski at a rally in November 2015. Kovalski has arthrogryposis, or congenital joint contractures, which limits the range of motions in joints in the body.

In a 1992 Entertainment

Tonight feature, Trump--then 46 years old--asked a girl in a group of young girls if she was going up the escalator. When she said yes, he turned to the camera and said he would be dating her in 10 years.

He lied about donating \$6 million from a fundraiser in Iowa and an additional \$1 million out of his own pocket to veteran causes. Money was received by about half of the groups only after a story questioning his donations surfaced from *The Washington Post*. This was four months after the Iowa fundraiser. It was found that he actually raised less than \$6 million, and that the \$1 million supposedly coming from his own pocket was nowhere to be found.

Trump demanded the "complete shutdown of Muslims entering the United States" in a formal statement released by his campaign, which he then read aloud at a rally.

In 2012, Trump tweeted the following: "The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive."

Donald Trump has no military experience. He has never been elected to public office. He has never been appointed to political office. He will be the first president in American history to have no experience in government or the military.

These are only a fraction of the concerns I have regarding a Trump presidency.

Here's what the people have to say.

Maddie Creamer, 20 -- "I fear the hatred these men possess for diversity and social changes that we should be celebrating in this country. Looking back on all the progress we've made in regards to LGBT+ communities, affordable healthcare and women's rights, leaves me feeling saddened and frightened by the possibility of living in a country that's goal is to move backwards, rather than continuing to move forward."

Taylor Eaton, 22 -- "Most of what I'm feeling right now is

see **MERCER** on page 18



# *Is the electoral college really democratic?*

**Tom Tetrault**  
*Voice Contributor*

**Many around the country** were shocked by Tuesday night's election results, and for good reason. All polls pointed to an easy victory for Democrat Hillary Clinton. According to the New York Times on Tuesday morning, Clinton had an eighty-five percent chance of winning the presidency, while Republican Donald Trump had a dismal fifteen percent chance.

However, as many should know by now, Trump became president-elect. Despite losing the popular vote, Trump won enough votes in the Electoral College to ensure his victory. So, what is the Electoral College, and does it really represent the American citizen's wishes?

The Electoral College is a body of 538 electors from across the country. Constitutionally, their votes determine who the president will be, regardless of the outcome of the popular vote.

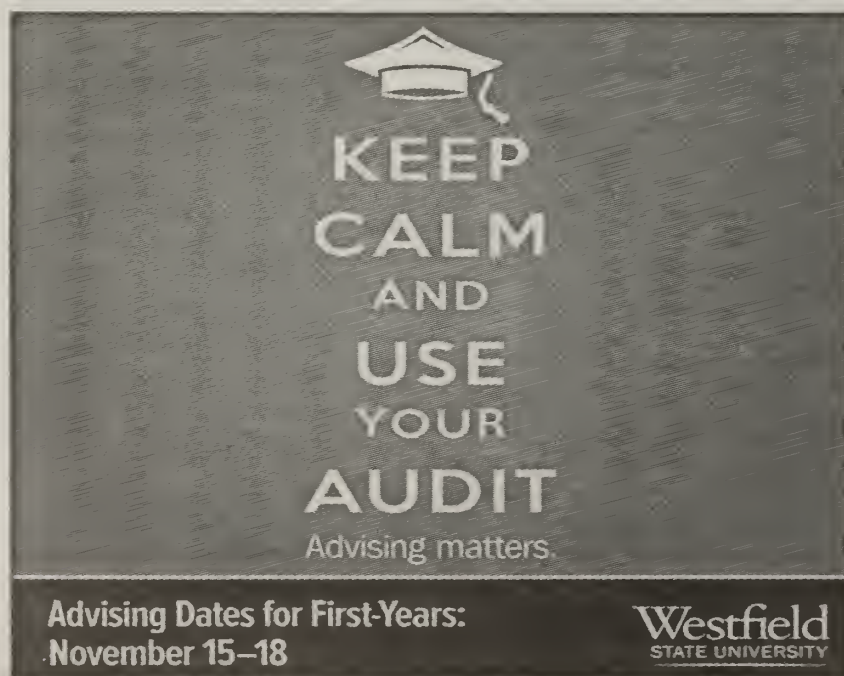
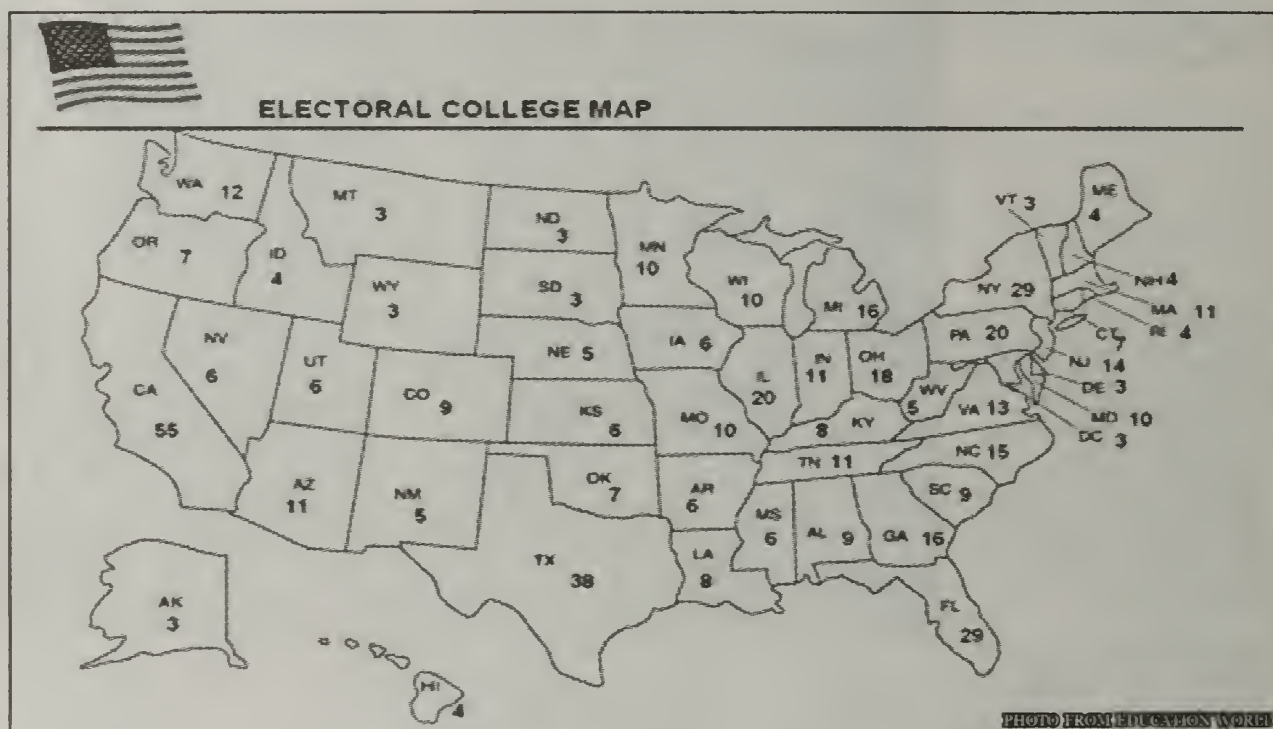
Although Clinton appears to have won the popular vote as of Wednesday, she will not be the

next president because she lost the vote in the Electoral College.

This isn't the first time this has happened; it is actually the fifth. The most recent occurring was in 2000 when Al Gore lost the presidency to George W. Bush, despite Gore having won the popular vote by over half a million votes.

One problem—among many—with the Electoral College is that it makes the popular vote inconsequential. This doesn't follow how democratic system should ideally function. It also allows certain "swing states" to become more important to candidates than other states.

Making amendments to how we choose our President would not be easy. However, after the outcome of this most current election, maybe more Americans will begin reconsidering the way the popular vote is ignored and demand a change to our election system.



***Do you have an opinion about a campus issue?***

***Use your first amendment right and speak up about an issue that you feel deserves to be shared.***

***Send a letter to the editor!***

***Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) and share your thoughts and opinions with the Westfield State community.***

***You have a voice. Use it.***



from **CAULFIELD** on page 3

nouncing that there will be a town hall meeting for students to talk to the SGA executive board on Nov. 14 at 6 p.m. in the Peter D. Mazza Student Government room.

He said this will hopefully create greater transparency between students and the SGA on important concerns on campus. "This will be open to all students and all topics are welcomed," he said. Lastly, Marcus DiBacco, vice president of finance, brought a finance proposal to the SGA.

The Relay for Life club requested \$650.00 to cover costs for a police detail at the annual Relay for Life Event at the Woodward Center. Relay is a team fundraising event where team members take turns walking around a track or designated path.

Each event is 6-24

hours in length and each team is asked to have a member on the track at all times to signify that cancer never sleeps.

The motion for allocation of the funds to the club passed unanimously with the SGA. DiBacco also announced that the Musical Theater Guild's show, "Guys and Dolls," was a big success and ticket sales brought in \$2,054.00 for the SGA's club fund line. Student Theater Association is also giving the SGA \$240.

The current SGA club fund line is at \$2,442.23 not including the incoming funds.

The next meeting of the Student Government Association will be on Nov. 15, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

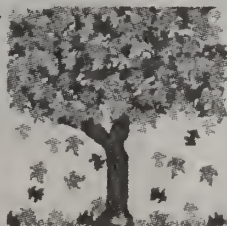
## SIGMA TAU DELTA LEAF RAKING

"Everyone must take time to sit and watch the leaves turn." -Elizabeth Lawrence

Once again the tedious chore of raking your lawn comes around. But it doesn't have to be that way!

Sigma Tau Delta (the English Honor Society) wants to help you out!

The members of Sigma Tau Delta will rake your leaves as part of a fundraiser to attend our annual convention, held in Louisville, KY.



If you live in Westfield or the surrounding area, E-mail Michelle Soel at msoel2880@westfield.ma.edu, or call her at (978) 944-7804

You can also call Professor Brewster at 572-5332 and leave your name, address, and phone number where you can be reached.

Prices are negotiated based on lawn size.

# The Westfield Voice

The objective student press of Westfield State University

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**Sandra Mercer**, Head Copy Editor

**Matthew Carlin**, Managing Editor

**Nathan Godard**, Opinions & Editorials Editor

**Monique Desnoyers**, Arts & Entertainment Editor

**Tim Jaroche**, Sports Editor

**Ryan Caulfield**, Circulation Manager & SGA

Correspondent

**Rick Sgalia**, Social Media Coordinator

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**Prof. George Layng**, Faculty Advisor

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413-572-5431 office

### General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to

write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

The Westfield Voice is published every Friday during the Westfield State University calendar semester.

The Westfield Voice is funded by a \$16,000 line item in the budget of the Student Government Association at Westfield State University, which keeps it free of charge. The paper is also funded by revenues from advertising.

Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

Do you like to write?

Do you like to edit?

Do you like to take photos? Selfies possibly?

Do you like to socialize with people?

Are you human?

If the answer was yes to any of these questions, you should write, edit or take pictures for us!

We are looking for a photography editor. If you are interested, contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu)!



# dale's guidance

Dear Gail,

As you know, the Canadian immigration website is running very slow these days. I am in a hurry to leave the country and I was wondering what other countries you recommend I head to?

Signed,  
A Concerned American Citizen.

Dear Concerned American Citizen,

Unfortunately, Gail is currently traveling to Canada as I write to you. I am Gail's little brother, Dale, and will be giving you precious advice this time around. Fear not. I have traversed the world faster and greater than Marco Polo, Lewis and Clark, Christopher Columbus, Ernest Hemingway, and even the red-and-white-sweatered Waldo. I know the perfect country to migrate to. Originally, I was thinking the greatest food country, Italy, but I'll worry about your heath when you are over there. With all this stress I sense from your letter, Italy would not be helpful. You'd just channel that stress into eating, gorging on endless amounts of cheap pasta. You'll have be wheeled around in in a wheelbarrow for the rest of your life. If you're looking for a place that would ease your stress and provide you with a ton of support animals, like the ones at pet therapy, then you want to travel to Japan's Aoshima Island. This little gem has more feline residents than people. As soon as you step off that boat, you'll be honorably greeted by more than 100 fuzz balls climbing up your jeans and meowing for that ham and cheese sandwich you made for the trip. Best bang for your buck—you move in and immediately receive a basket of free cats and a freezer filled with food, all courtesy of the Japanese Government! Can't beat free company or frozen dinners.

Best of luck!  
Ya boy Dale.



## ART SHOW

NOVEMBER 1–DECEMBER 3

Reception: Wednesday, November 2, 4:30–6:30 p.m.

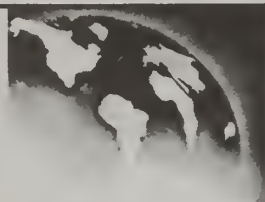
### GALLERY HOURS:

Tuesday–Friday, 10 a.m.–2 p.m.

Saturday, 11 a.m.–3 p.m.

Westfield  
STATE UNIVERSITY





## INTERNATIONAL EDUCATION WEEK NOVEMBER 13 – 19

**International Education Week (IEW)** celebrates the benefits of international education and exchange worldwide. This initiative of the U.S. Department of State and the U.S. Department of Education is part of our efforts to promote programs that prepare Americans for a global environment and attract future leaders from abroad to study, learn, and exchange experiences.

### TUESDAY, NOVEMBER 15

**INTERNATIONAL/INTERCULTURAL CLUB BAKE SALE** 9am - 3pm *Wilson Hall Cafe*

### WEDNESDAY, NOVEMBER 16

**GLOBAL LUNCHEON** Celebrate the faculty, staff, and students from the island of Puerto Rico with a special lunch served in the Dining Commons 11am – 2pm *Dining Commons*

**GLOBAL CONVERSATION** Meet *Charmaine McKenzie*, Curriculum Development Specialist, from the Universities of the West Indies' online Open Campus, who will lead a conversation about distance education, online learning and the use of social media in teaching and learning.

11am – noon *Faculty Center*

### THURSDAY, NOVEMBER 17

**INTERNATIONAL STUDENT POSTER FAIR** noon – 2pm *Ely Hall Lounge*

### INTERNATIONAL BORDER CITIES: CULTURE AND COLLABORATION

Sponsored by the Geography and Regional Planning Department, *Dr. Maria Lucia Torrecilha* will talk about making permeable spaces, overcoming cultural walls and working together across international borders. She will be joined by a special musical guest, Brazilian singer, *Sonia Azul*.

6 – 7:30pm *Loughman Living Room*

### FRIDAY, NOVEMBER 18

**INTERNATIONAL PROGRAMS COMMITTEE MEETING** 2:30-3:30pm *Parenzo Board Rm*

### SATURDAY, NOVEMBER 19

**INTERNATIONAL STUDENT POSTER FAIR** 10am – 2pm *Tekoa Room,*

### PASSPORT DAY!

The Westfield Post Office will set up on campus to assist with applications, photos, fee collection, etc. Go to [www.travel.state.gov](http://www.travel.state.gov) to download the Passport form and directions! Check or Money Orders will be accepted for payment.

For more information about any of these programs,  
please visit the International Programs Office,  
located in the Lobby of Parenzo Hall

Visit our website: [www.westfield.ma.edu/studyabroad](http://www.westfield.ma.edu/studyabroad)





# arts & entertainment

FRIDAY, NOVEMBER 11, 2016

## The Learned Ladies and Women's Education

**Rae Cofsky**

Voice Contributor

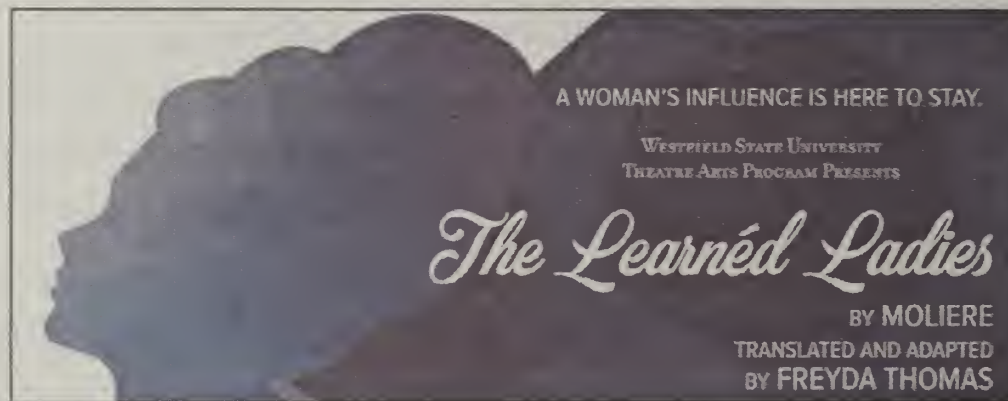
Westfield State's Theatre Arts program will be opening their production of "The Learned Ladies," a comedy written by Moliere, on Wednesday, Nov. 16 at 8 p.m. This production is different than many done by the theatre program in the past. Why you may ask? It's a comedy.

Though its over-all feel is humorous, and the delivery of the dialogue will leave you laughing in your seat, there are also messages that the production staff hopes you take away from this performance. One of the major themes of the play is women's education. While looking at this issue more closely, the production team decided to add a new role to their staff to help address this topic: the role of a dramaturg.

Most people don't know what a dramaturg is for many reasons. Some of these reasons are that they work mostly behind the scenes in a production, their role is drastically different depending on the show, and they aren't used in every theatrical production. I've been working as the dramaturg for this production, and in that role I have played a part in keeping this production on the "right track," as director Sabine Klein puts it.

I have assisted the actors in their research on the time periods we are working with in this production: the 1670s in which it was written, and the 1950s where we are pulling influence from.

They have worked hard to learn more about translations, philosophy and other teachings of the 1670s, and 1950s rockabilly line-dancing. I have held workshops to work on the physicality of the people in these time periods, as well as their



cultural mannerisms and popular dances.

One of the most important jobs I have as dramaturg is continuing the conversation surrounding the messages within the play.

This play has many female characters with different beliefs. Some believe in traditional values of marriage, matrimony, and simplicity, while others would prefer an independent and lofty-educated lifestyle.

"It is perhaps concerning how many chauvinistic and limiting attitudes toward women have survived from the 17th century (when this play is written) to the present day in cultures throughout the world," says director Sabine Klein.

"Limits on the social roles of women and the discouragement of women's education are crucial contributing factors to deeply entrenched poverty in many cultures around the world. This play reminds us that we create a better world when we can recognize and empower women to succeed and thrive in all areas."

It's ultimately up to the audience as to how they perceive the dialogue and interpret the messages of the play, but one focus that we as a production staff wanted to highlight was that of women's education. In order to further emphasize this theme, I've researched three important women in the women's rights

and education movements: Malala Yousafzai, Emma Watson, and Michelle Obama.

There will be a showcase outside of the theatre on performance nights to tell you more about these amazing women, but here are some of the highlights that I found. First off, Malala Yousafzai. By being brave enough to go to school as a young girl, Malala went above Pakistani extremists and their violent attacks and became a world-wide icon for the importance of educating girls.

Because of Malala's heroism for girls' education, she was awarded the Nobel Prize for Peace in 2014 when she was only 17 years old. "I don't want to be thought of as the 'girl who was shot by the Taliban' but the 'girl who fought for education,'" Yousafzai said. "This is the cause to which I want to devote my life."

She is the founder of the Malala Fund, which advocates for international, national and local level policy and system changes that give girls access to a high quality education. Secondly, Emma Watson, known for playing Hermione Granger in the Harry Potter series.

Wearing a different hat, Emma Watson is a Goodwill Ambassador for UNWomen, the United Nations organization dedicated to gender equality and the empowerment of women. In that role, she has launched

the HeForShe campaign, which seeks to engage men and boys in removing the social and cultural barriers that prevent women and girls' full participation in society.

"We don't often talk about men being imprisoned by gender stereotypes but I can see that they are and that when they are free, things will change for women as a natural consequence," Watson said. Lastly, Michelle Obama. Mrs. Obama is someone that I've written about before on my blog, [www.leadingladiesweb.wordpress.com](http://www.leadingladiesweb.wordpress.com). Being a strong, independent woman who also fills traditional values of having a husband—who she supports endlessly—and two beautiful daughters, she has always been an inspiration to me and how I'd like to live my life.

She has frequently championed the value of educating girls worldwide and, in 2015, unveiled "Let Girls Learn," the U.S. initiative to support community-focused girls' education across the globe. The project draws on volunteers from the Peace Corps to support hundreds of new community projects that help girls go to school and stay in school.

"Girls are our change-makers — our future doctors and teachers and entrepreneurs," Michelle said. "They're our dreamers and our visionaries who could change the world as

we know it."

Let Girls Learn is an organization that the Theatre Program would like to shine a light on during this show season, and there will be more information on the organization and how to get involved at the front of house during the run of "The Learned Ladies." The Theatre program will also be raising money to donate through their concessions.

It's been a pleasure working on this production because I've been actively involved in my passion for theatre as well as how theatre can bring these extremely important issues to light. Women like these three inspire me every day to be thankful for the privilege of my education.

If you're interested in learning more about Let Girls Learn, or are interested in coming to see a performance of "The Learned Ladies," contact Rachel Cofsky at [rcofsky9904@westfield.ma.edu](mailto:rcofsky9904@westfield.ma.edu) for more information.

The show will have performances at 8:00 p.m. from Wednesday 11/16 through Saturday 11/19, with 2:30pm performances on Friday 11/18 and Saturday 11/19. It will be shown in the Ely Studio Theatre on the second floor of the Ely Campus Center.

Tickets cost \$3 for students, \$8 for seniors and faculty/staff, and \$10 for general admission. Tickets will go on sale starting Nov. 7 and can be purchased in advance at the Ely Campus Center Service Window.

Tickets can also be reserved at (413) 572-5682. The show is directed by Sabine Macris Klein, with James McNamara as Lighting and Sound Designer, Heather Crocker Aulenback as Costume and Scenic Designer, Rachel Cofsky as Dramaturg and Choreographer, and Carly Dellapenna as Stage Manager. We all hope to see you there!



CAREER CENTER, ALUMNI RELATIONS AND  
ACADEMIC AFFAIRS

*Present*

# Life Sciences

Professional Networking Night

Tuesday, December 6th, 2016

Scanlon Banquet Hall 5:30–7:30pm





# owls athletics

FRIDAY, NOVEMBER 11, 2016

## Westfield State Cross Country Staying Strong

**Mike Stender**

Voice Columnist

For those that don't know, the Westfield State men and women's cross country teams have had plenty of success at winning their conference MASCAC meet. Most recently both teams won together for their 2016 season with both teams beating out conference rivals Worcester State, Bridgewater State, and Fitchburg State.

I was able to meet with head coach Bill Devine to talk about the team and the teams plans for the upcoming track and field season. He first spoke about the teams accomplishments: "I let the teams know that as long as I'm here we're not losing. No team wants to lose MASCAC, and they ran their finest this year. A lot of the younger guys learned from our most graduated seniors, they run as a pack and are outstanding."

I'm always happy to see them win, it's not about me, it's about them," said Devine. Devine then spoke of how he is still learning as a coach.



"I learn from others, I go to seminars, I learn from my athletes and I talk a lot with former coach Jerry Gravel. There's a quote I follow that goes, 'I stand on the shoulders, of those before me,'" said Devine. "I'm a big fan of former UCLA basketball coach John Wooden."

I used to give out his book, 'A Lifetime of Reflections On and Off the Court' to all my athletes. One of my favorite quotes by him is "There are choices you make in everything you do, and the choices you make, make you," said Devine. We then talked about

team dynamics.

"We have 2 captains for the girls, they have a strong work ethic and improvement. For the guys, the sophomores have really stepped up as well as seniors Derek and Tevin. Everyone is helping," said Devine. "The girls are solid! They ran so close together as a group this past week, it was their best race as a team all year."

As an entire team I see their morals, values, and character. They will have that integrity for the rest of their lives. I'm very lucky to be coaching these guys, all good people. They work

hard in and out of the class," said Devine.

Lastly we talked about the teams plan for the upcoming track and field season. "Training is different for track. The workouts are different per running event. Some guys run the 800 and some run longer distances. Both mileage and speed workouts go hand in hand to prepare them for their event that week. I'm looking forward to it," said Devine. I was also able to speak with Jessie Cardin, a captain on the women's team and MASCAC champion, to see the athlete's perspective of

being on the team.

"It's amazing and awesome to see all these teams past and present and still be MASCAC champions, teams change and people come and go but we still manage to pull it off," said Cardin. About the team and the duties of being in a leadership position: "We are very dynamic, with running you need good pack mentality and have someone push you. We are teammates and competitors, that's why we do so well at MASCAC. As a captain I've felt one of my duties is to help keep the team moving and stay positive," said Cardin.

"One of our goals is to get the whole team to go to nationals. Ashley and I want to make the goals attainable with the workouts given. So many people are helping out, if one of us is unable to be at practice there is always someone ready to step up, nobody shrinks away from a leadership goal," said Cardin.

Lastly we talked about Cardin's motivation for running: "I'm

see **STENDER** on page 18



# Highly anticipated Super Bowl XLIX matchup shaping up to be another thriller

**Kyle Finnamore**

*Voice Columnist*

The New England Patriots sit at 7-1 on the season and at the top of the AFC East division and American Football Conference. Bill Belichick and the Patriots now look forward to what may be their biggest game of the season so far on prime-time Sunday Night Football against the Seattle Seahawks in Foxboro.

The game will mark the first meeting between the two teams since the epic Super Bowl XLIX game, which ended with an interception on the goal line by undrafted rookie cornerback Malcolm Butler.

This interception sealed the 28-24 victory for New England and their fourth Super Bowl championship in franchise history. This season, the Seahawks currently sit at 5-2-1 leading the NFC West division, which is good for the second seed in the NFC.

Seattle is coming off a



PHOTO FROM DEADSPIN.COM

hard fought battle with the Buffalo Bills on Monday Night Football, where they were able to secure a 31-25 win where they forced an incompletion on the last play of the game with the Bills driving for the game winning touchdown. Meanwhile, the Patriots are coming off their Week 9 bye having two weeks to prepare for the contest.

The Patriots have been playing some of their best football since the return of

Tom Brady, firing on all cylinders. Seattle has had some struggles early on in the season, but they have finally hit their stride. Quarterback Russell Wilson has experienced some injury issues, but has been looking much better.

Tight end Jimmy Graham has also returned to form, just like he was during his tenure with the New Orleans Saints. The game between Seattle and New

England is shaping up to be one of the best games of the NFL season, just like they delivered during Super Bowl XLIX.

The major factor in the game looks to be the shortened rest that the Seahawks will have to deal with, and the extended rest the Patriots will have coming off their bye week. With ample time to prepare, expect Bill Belichick to devise a game plan that will give the Patri-

ots a big advantage. Belichick did point out that the Super Bowl matchup from the 2014 season will be reviewed when creating the game plan because there is much carry-over on the Seattle squad.

Many of the same players from that game are still involved, and Belichick knows how to exploit the key matchups that will occur in the game.

Even with the time given to prepare for the Patriots, the game will most likely be a close one and could come down to the final plays to decide the winner. The Seahawks and Patriots never fail to disappoint fans in their highly anticipated matchup, and this game will be no different.

Both teams look to make progress in their race towards the playoffs and many experts predict this to be a Super Bowl preview. Two of the top Super Bowl contenders in the NFL will look to make a statement to the league by winning this important regular season game.

## Women's Volleyball and Women's soccer fought hard in semifinals

**Tim Jaroche**

*Sports Editor*

The women's volleyball team earned the number two seed in the MASCAC playoffs with a 5-1 in conference record this season. On Saturday at Framingham State they faced MCLA, who they had beat during the regular season in three sets. Westfield wasted no time jumping out to a lead. They went up 7-1 quickly before MCLA made a run and scored six more, making it 8-7.

The score went back and forth for a bit before Westfield went on a 6-0 run led by three Paige Donahue kills.

At this point, the score was 18-9 with Westfield on top. The rest of the match points went back and forth and at 24-15, Westfield scored the final point on an attack error from MCLA. Final score of the first set was 25-15. The second set was very exciting, with the score being tied three times. Westfield made up a six-point deficit late in the game. With the score 17-11 and MCLA ahead, Westfield was able to work their way back up and tie it at 22.

Unfortunately, MCLA won the next three points and tied the match at 1-1. In the third set, Westfield started off a little bit flat and paid

the price. The largest deficit they faced was when they were down nine with a score of 13-4. From then on they chipped away at MCLA's lead, but with every few points they scored, MCLA added a few of their own.

The smallest they cut the lead down to was five after four straight points, making it 18-13. Down 23-16, MCLA's Allison Clark had back-to-back kills to end the set. With the season on the line in the fourth set, Westfield was overwhelmed. MCLA ran out ahead quickly going up 7-1.

Westfield fought back, narrowing the score to 11-6,

but that was the closest they would come. The final score was 25-14 to end the Owls' season. Making it this far was a big accomplishment that the team should be proud of. Women's soccer also had a semifinal playoff game this weekend versus Bridgewater State.

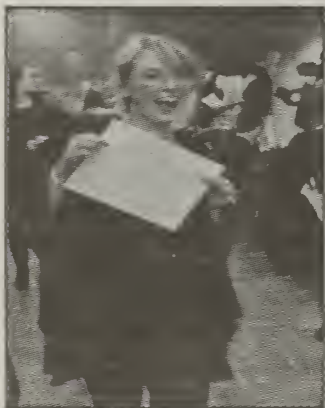
The women were the number two seed in the playoff which earned them a bye in the first round before Bridgewater came to town. In the regular season, the Owls won a 1-0 game. From the beginning it was evident that this would be a highly competitive and close game, with both team's tremen-

dous seasons on the line.

After 25 minutes of strong defense from both teams, Westfield finally broke through on a long pass from Taylor Grijalva to Bella Eduardo who found the left side of the net for the first score of the game. Strong dense persisted through the rest of the first half and most of the second half until Bridgewater's Tess Nagle found the back of the net from a header in front of the goal.

Both teams had six shots on net in the second half, but only one from Bridgewater connected. Knotted at 1-1, this game was head-



from **MULLER** on page 1

*Delegate Rae Cofsky stands with her certificate acknowledging her placement in the top ten for programs*

quiet included commitment to sustainability, program of the year, most spirited school, and the NEARUCH scholarship. "Experiencing the kind of spirit and community that NEACURH offers and unites the region with is something special, and something I'll always be thankful for when I remember joining RHA," stated Shaw.

The host school for the next regional leadership conference is yet to be determined, and will be announced at this spring's conference.

from **STENDER** on page 16

very adamant about my faith, it's a huge part of my life. I was blessed with the gift of running. I believe there is a god and he gave me the ability to run. I've loved running ever since I was young" said Cardin. "In the end I am a young girl who likes to run, my family is my biggest supporter. My especially has been there for my toughest moments, those tough races. She has been there to see it all with me and she's my biggest fan," said Cardin.

The owls are currently preparing for their upcoming indoor track season.

from **MERCER** on page 9

dissappointment in my friends and family. I'm looking around at all the people I see everyday and it truly disgusts me to think that they do not care about the minorities. About the people I care about. I just don't

from **MERCER** on page 4

said. "I like to talk to people. I'm a shy person, but I will have a conversation with you."

In terms of her position, Rebecca wants people to know that she essentially acts as a liaison between the senators and the community. It is her job to make sure everyone is on the same page; even though her title is "legislative," she's really just trying to get the senators to go outside of the SGA room and do good for the community.

As for what she'd like people to know about SGA in general, and about running for a senate position, Rebecca said that you shouldn't be afraid to come to a meeting. All SGA meetings are open meetings, and they are every Tuesday at 5:30 in the Student Government Room

know what to do about it now. All the progress we have made is threatened now and then some. My cousin, my friend's son, my kids at the YMCA, my friends, all of their friends.

And what's worse is that many of the people that will be negatively affected by Trumps reign (yes reign) is that they are the ones who voted for him. There was a nazi flag flying today. There is multiple white supremacist groups that will take this man in power as an excuse to express their hatred toward non-whites. I've been zoning out all day thinking about how many people around me at that moment don't care for the rights and wellbeing of other people."

Anonymous -- "I work at a daycare with kids ages 3-5, some of whom are the children of immigrants from countries like Israel and Egypt. It is immeasurably heartbreaking to look into the eyes of my little girls who I love like my own and think that they will grow up in a country that thinks it okay to grab them by the pussy, to take away their rights to their own body, to take away the opportunity for them to maybe one day love another little girl.

All of these kids, these sweet kids who believe in the tooth fairy and superheros always saving the day - America is failing them. How can I, as a teacher, as a caregiver, ever truly hope to instill in them the idea they they matter, they are valid, they deserve everything if the whole country tells them it's not true?

An old camp counselor of mine posted a worksheet on

in the Garden Level of Ely. She also encourages people to contact her at legsec.sga@westfield.ma.edu.

"SGA is for everybody," she said. "It is not for just poli sci students or criminal justice majors. It is open for anybody who is a student here at Westfield State."

As for someone running for an exec. position, Rebecca warned that it's a busy commitment. There are long meetings, lots of work, and lots of things to do. Despite this, Rebecca said that being on the executive board is fun and rewarding.

"Every position on SGA has the ability to change the campus, but being on SGA exec. is kind of like you have your hands on the reins," she said. "Just do it. There's really no negative side of it.

Facebook from one of her nine-year-old students. It said, "I feel sad because my parents said that if Donald Trump became president I would probably go to Guyana." I am scared for myself and my friends and my family--the minorities, the immigrants, the LGBTQ+ community,

the women--but I am so much more scared to look into the eyes of children and know that I can't tell them it'll all be okay."

Andrea Yablonsky -- "I am afraid that my baby will have to grow up in a world filled with hate, even more so than it already is. I want my baby to be a good person.

I don't want him to see the leader of our country perpetuating hateful ideologies about women, Muslims, the LBGTQ community, and the many, many other people this man has insulted and alienated. Politics aside, President Obama is a kind, relatable, likeable figure who is worthy of representing our country. This man is not worthy of representing anyone. He does not represent me, my family, or our beliefs. I am ashamed that this is the world we now live in. I am ashamed that we didn't do better for our babies."

Anonymous -- "I fear that fear will divide our dialogue and not conjoin it."

Jacob Lotter, 20 -- "I am shocked, and hurt that my country would choose a President whose election makes change impossible to chart via polls. Trump is a known womanizer, racist, homophobe, and bigot in general. Though his election

Her goals for the rest of her time at Westfield are both admirable and attainable. First and foremost, Rebecca hopes to make Maintainer's Appreciation Day permanent, and is looking for a first year student to take this over. She also hopes to revise the unit system.

"I want to make it possible for senators to get involved in a new variety of ways, diverse involvement," she said. "I want to find a way for senators to be visible in every little aspect of the campus."

Looking to the future, Rebecca's hopes are much like every other college student.

"I want to be able to afford an apartment one day. I want to be debt free," she laughs.

In terms of her career, she hopes to work at an international organization--possibly a non-

profit--that focuses on human or women's rights. She finds this topic to be very interesting, and these issues are near and dear to her heart.

Rebecca has taken on the role of legislative secretary with immense pride. Being able to sit down with her and see the passion in her eyes as she spoke about her roles, accomplishments, and goals was incredibly rewarding. I am so looking forward to seeing all that Rebecca continues to accomplish over the next few months before her graduation.

Finding someone as passionate and skilled to fill her shoes next year will be a difficult task, but with Rebecca as an example, I am hopeful that this high standard will be something that every future exec. member strives to emulate.

means no immediate change in the laws of the land, it allows for major changes in cultural views on the issues he speaks so strongly of. Rape culture, homophobia, and blatant racism have already become more mainstream since the election results have been announced. As an SGA Exec Member I can say that now is the time for everyone to stand together and be ready for the good AND the bad coming our way over the next 4 years. We will most definitely pull through no matter the outcomes."

Kellie, 20 -- "I'm afraid that global warming won't be addressed anymore, and that our already dwindling environment is going to get worse. I'm afraid for my LGBTQ and POC peers, I'm afraid that women's rights will be suppressed, and I'm just afraid that the progressive steps we've taken as a country will no longer be valid."

Anonymous -- "My most personal reason for voting against a Trump presidency was because my family's access to healthcare would not have been threatened by the Clinton administration.

Obamacare provided the insurance necessary to defer the cost of a lifesaving heart surgery for my father, without which, my mother would be a widow and my siblings and I would be fatherless.

The Trump administration now directly threatens my older brother's access to a heart transplant. I now fear that these next four years could leave me without my older brother, a concept that I simply cannot fathom....

though a Trump presidency was also an unfathomable concept with which I now must come to terms."

Joshua Poirier, 22 -- "The only thing I can hope for is that we all stand with each other. That maybe this is what it will take to bring us together instead of tearing us apart. Maybe this is what had to be done. This is what it took . . . and that's the saddest part about it. That this is what it took. We need our stage of mourning but then we need to organize. To not be put back in these closets that so many people of this country broke out of to be their true self . . . to have an identity."

Anonymous -- "I fear the Trump presidency as a woman, a POC, a young person, and an American soldier. I fear the Trump presidency on for all LBGTQIA+ persons, immigrants, and non-Christians." Despite all of the fear, I encourage everyone to reach out to their family members, friends, acquaintances, teachers, colleagues, strangers, etc. and show kindness. Show the people around you that you will not let hatred, bigotry, misogyny, sexism, homophobia, xenophobia, and ableism win.

Show the people around you that you will stand up for them. Show the people around you that you will not stand for this blatant disregard for human rights. Show the people around you that you love them. Support them. Care for them. Stand for them. Believe in them. Validate them.

Be everything that Donald Trump is not.



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# Games & Leisure Maze

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| 66 |    |    |    |    | 67 |    |    |    | 68 |    |    |    |    |    |
| 69 |    |    |    |    | 70 |    |    |    | 71 |    |    |    |    |    |

## USA Presidents

M N O S L I W E R E L Y T L E A G N  
A H O O V E R T A Y L O R V E N N A  
D F D R O O S E V E L T O N O M I M  
I N T P M H I E G D I L O O C O D U  
S O N L I J Q A D A M S S R N N R R  
O X L O G E F F M O I R E E G R A T  
N I B T S O R A O R M O V A W O H N  
F N H U R R B C R N L R E G B E W E  
R O S D C O E A E I O N L A U A J R  
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Y C A L O D L N O S I R R A H W E O  
N E N C N E T N N O T N I L C O E S  
D A T Y Y P O L K G A R F I E L D R

WASHINGTON  
J ADAMS  
JEFFERSON  
MADISON  
MONROE  
J Q ADAMS  
JACKSON  
VAN BUREN  
W HARRISON  
TYLER  
POLK  
TAYLOR  
FILLMORE  
PIERCE  
BUCHANAN  
LINCOLN  
A JOHNSON  
GRANT  
HAYES  
GARFIELD  
ARTHUR  
CLEVELAND

B HARRISON  
MCKINLEY  
T ROOSEVELT  
TAFT  
WILSON  
HARDING  
COOLIDGE  
HOOVER  
F D ROOSEVELT  
TRUMAN  
EISENHOWER  
KENNEDY  
L JOHNSON  
NIXON  
FORD  
CARTER  
REAGAN  
G H W BUSH  
CLINTON  
G W BUSH  
OBAMA

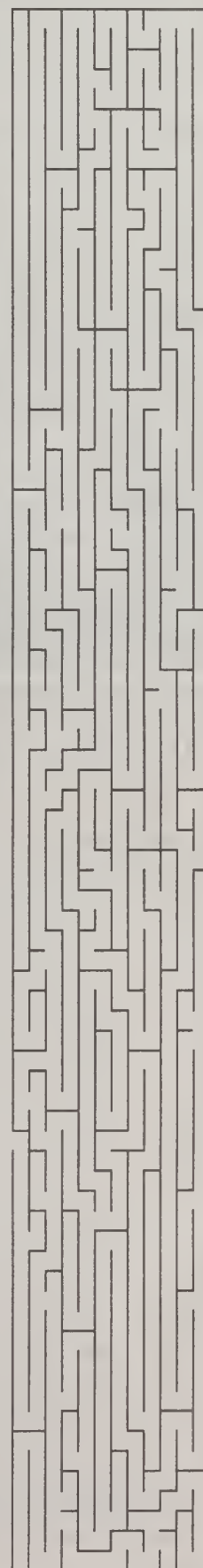
### ACROSS

1. Housemaids
6. Killed
10. Deceased
14. Hotel employee
15. Backside
16. Sea eagle
17. Aquatic mammal
18. If not
19. Anagram of "Sing"
20. Middleman
22. Frosts
23. Mountain lion
24. Wine and dine
26. Units of resistance
30. Diminish
31. Hankering
32. Train track
33. Playthings
35. Work hard
39. Books on unusual subjects
41. Whenever
43. First Hebrew letter
44. Cab
46. Poems
47. Bro or sis
49. Excluding
50. Lease

### DOWN

1. Affirm
2. Arithmetic
3. Countertenor
4. Part of a foot
5. A throat infection
6. Paddle-wheeler
7. Cradlesong
8. Being
9. Light rowboat
10. One who appoints
11. Genus of heath
12. Supernatural being
13. Compacted
21. Hard fats
25. Evasive

26. Killer whale
27. Transport in a vehicle
28. Bog
29. Backwash
34. A single-reed woodwind
36. Remain
37. Portent
38. A musical pause
40. Buckeye State
42. Fertilizer ingredient
45. Some other
48. Stimulating drink
51. Excellence
52. Avoid
53. Not a single time
55. Tortilla chip
58. Exploded star
59. College girl
60. Chilled
61. Fee
62. Not difficult







## THIS WEEK'S EVENTS

| Date        | Time   | Event Name                                                       | Location           |
|-------------|--------|------------------------------------------------------------------|--------------------|
| 11/4        | 6:30p  | Sabbath Service                                                  | Interfaith Center  |
| 11/4        | 7:00p  | WSU Paint Night -- FREE!                                         | Owl's Nest         |
| 11/4-5      | 7:30p  | MTG Presents: Guys & Dolls Tix: \$2 for students                 | Dever Stage        |
| 11/5        | 2:00p  | MTG Presents: Guys & Dolls Tix: \$2 for students                 | Dever Stage        |
| 11/5        | 12:00p | Football v. Worcester State                                      | Alumni Field       |
| 11/6        | 11:00a | Sunday Mass                                                      | Interfaith Center  |
| 11/7        | 11:30a | At A Common Table -- Discussion Panel                            | Interfaith Center  |
| 11/7        | 5:00p  | Indoor Cycling                                                   | Ely Fitness Center |
| 11/7        | 6:00p  | FREE Math MTEL Practice Workshop                                 | Wilson 346         |
| 11/8        | 11:00a | Common Goods Food Pantry Opens -- FREE for ALL students!         | 2nd Cong. Church   |
| 11/8        | 7a-8p  | ELECTION DAY!!! If you live on campus vote @                     | 2nd Cong. Church   |
|             |        | POLLS OPEN @ 7am!!! Live @ Lansdown? Vote @                      | Senior Center      |
| 11/9        | 11:30a | Commuter Luncheon                                                | Tekoa Room, DC     |
| 11/9        | 1:00p  | Prison Poetry                                                    | Wilson Aud. B      |
| 11/9        | 5:30p  | Business Club Networking Dinner                                  | Scanlon BNQT       |
| 11/9        | 6:00p  | Drop-In Writing Help                                             | Ely Library        |
| 11/9        | 7:00p  | Sacred Scripture Conversation & Reflection                       | Interfaith Center  |
| 11/10       | 5:00p  | Multicultural Student Association Meeting -- Open to ALL!        | Unity Room, Ely    |
| 10/23-11/27 |        | Shoes for Haiti! Drop boxes located in all residence halls & in  | Ely Lower Level    |
| 11/7-12/2   |        | Donations for the homeless! Drop box located in Wilson Hall near | Psych. Dept.       |

### Lost and Found Ely 41 or Public Safety

For a complete list of events please go to [www.westfield.ma.edu/studentactivities](http://www.westfield.ma.edu/studentactivities)  
 email [mlubiana@westfield.ma.edu](mailto:mlubiana@westfield.ma.edu) if you would like to advertise your event on the outdoor screens and student activities calendar

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
 Fri & Sat 7 a.m. to 9 p.m.

### Ely Harvest

Mon-Fri 7 a.m. to 11 p.m.

### The Perch

Sun - Thurs 9 p.m. to 1 a.m.  
 Fri & Sat 9 p.m. to 2 a.m.

### Dunkin' Donuts

Mon - Fri 7 a.m. to 10 p.m.  
 Sat & Sun 10 a.m. to 10 p.m.

### Wilson Cafe

Mon - Thurs 8 a.m. to 8 p.m.  
 Fri 8 a.m. to 6 p.m.  
 Sat & Sun closed

### Garden Cafe

Mon - Fri 8 a.m. to 2 p.m.  
 Sat & Sun Closed

### TJ Bistro

Mon-Thurs 8 a.m.-12 a.m.  
 Fri 8 a.m.-1 a.m.  
 Sat 10 a.m.-1 a.m.  
 Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
 Sat - Sun 5 p.m. to 1 a.m.

### Ely Library

Mon - Thurs 8 a.m. to 12 a.m.  
 Fri 8 a.m. to 5 p.m.  
 Sat 10 a.m. to 6 p.m.  
 Sun 1 p.m. to 12 a.m.

### Ely Wellness Center

Mon - Thurs 6:30 am to 10:30 pm  
 Fri 6:30 a.m. to 7:30 p.m.  
 Sat 10 a.m. to 6 p.m.  
 Sun 12 noon to 10:30 p.m.

### Bookstore

Mon & Thurs 9 a.m. to 5 p.m.  
 Tues & Wed 9 a.m. to 7 p.m.  
 Fri 9 a.m. to 4 p.m.  
 Sat 12 noon to 4 p.m.  
 Closed Sunday

### The Westfield Voice's Office

Mon 6:30 p.m. to 9 p.m.  
 Tues 6:30 p.m. to 10 p.m.  
 Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528



# The Westfield Voice

FRIDAY, NOVEMBER 18, 2016



westfieldvoice.com

@westfieldvoice

## Dr. Pickron addresses campus's social climate after election week at SGA

**Ryan Caulfield**  
SGA Correspondent

November marks the homestretch for many students, and after Thanksgiving break, the Fall semester quickly turns into a race to finals week. The Student Government Association's latest meeting was quick, much like a downhill ski race. Dr. Carlton Pickron, vice president of student affairs, addressed the senators for the first time since election day to make a clear statement on where the administration stands on the election results, and what the university's social climate should be.

In addition, Tricia Oliver, director of campus communications, spoke to the SGA for the first time since taking on her new position. She discussed her role on campus, and asked the senators about potential ways to get out important administrative news to students. Since the announcement of Donald Trump becoming the President-elect, colleges across the country have had students protesting the election results.

Some protests have been peaceful, but others have been violent and have caused some unrest within institutions. News outlets have also reported an increase in verbal and physical hate crimes being committed against stu-



PHOTO TAKEN BY JESSICA HUENAGLE

dents in the name of Donald Trump at universities across the country.

Matthew Carlin, president of the SGA, told the senators that Dr. Pickron would be speaking first. Dr. Pickron took the podium and asked the senators this question: Do you feel safe at this institution? The room was silent and attentive to Dr. Pickron as he talked. Dr. Pickron said that if anyone feels unsafe, they should contact him personally, public safety directly, or the team at academic affairs.

I care about you. We care about you," Dr. Pickron said. Dr. Pickron also said that recently there was a report of an RA being called the N word. Dr. Pickron addressed the issues and backlash from the election. Everybody has

an opinion, a thought, but the election has happened. We have a President-elect. That person is the one you either supported or didn't support, he said.

Dr. Pickron stated that the country lives under the freedom of choice that the people have in elections and they should be respected. He also went on to state that not everything is fair under those freedoms. Just because a candidate won," Dr. Pickron said, doesn't mean you do harm, threaten, or lose your dignity and respect for one another.

He continued by saying that dignity and respect is so important for us as a people and country to continue to grow and do phenomenal things.

Dr. Pickron closed by

calling for student leaders and the community to stand up and protect the university in an effort to make it a safe environment for everyone who calls Westfield State home. Tricia Oliver, who started working at the university in June, took the podium at SGA for the first time and was greeted with a warm welcome.

A big part of her job as director of communication, Oliver said, is to promote student stories and events around campus through internal and external communications. Social media and media relations work are also responsibilities the director oversees.

I was brought on to refine the university's internal communications structure as well as adding a little bit

more prominence to our exposure in the region and in the state with our media, Oliver said. She said that part of reshaping the internal communications of the university is to start getting feedback from what she calls, student communication, which is how students get messages from the university.

Brandon Trafford, student trustee, said that besides email, the MyWestfield homepage's Now @ WestfieldState box and the Campus Alerts tab are working well in terms of giving students updates about the

see CAULFIELD on page 14

### In this week's issue

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Will Allen  
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Study Abroad  
Westfield State Dining  
Tectonic Shifts

#### Op-Ed

Tectonic Shifts  
WSU Alumni

#### Lifestyle Health and Wellness

Dorm Gardening  
A Gardens Best Friend

#### Sports

WSU Winter Sports  
Patriots vs Seahawks  
College Football

## The objective student press of Westfield State University

VOLUME VIII, ISSUE VIII

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, NOVEMBER 18, 2016

## *“The Good Food Revolution” author Will Allen visits Westfield State*

**Mary Lesperance**

*Voice Contributor*

On Nov. 15, Will Allen came to Westfield State University to talk about his book “The Good Food Revolution.” Will has been farming for over fifty years and is a fifth-year author. He was named one of the world’s most influential people, and in 2008 he received the MacArthur Genius award. On top of that he also worked with Michelle Obama to start the Let’s Play campaign.

Will Allen started his presentation with a documentary. During the documentary he was playing the song “Don’t Stop Believing.” He shared pictures of his greenhouse and the farming he has done. He also showed clips from other interviews he has had in the past.

In the clips, he shared about how he was trying to bring about a change and bring different groups of people together. He also talked about how the food service hires the largest amount of employees.

Next, Allen showed a one thousand slide PowerPoint. Most of the PowerPoint consisted of pictures. They were of his greenhouses, gardens, and people working in the farms.

He also had some pictures of the land when he first bought it and then after he started using it for farm-



PHOTO FROM WORDPRESS.COM

ing. Will bought his farm in 1993.

He also bought three hundred seventy-five thousand dollars’ worth of worms. Worms are what kept the soil alive, and Allen said if you take one thing from his presentation, make it that “the soil was the most important part of the garden.”

Allen encouraged young kids to learn how to garden and write about it at the end of the day. At the beginning of the presentation I noticed that a lot of students were paying attention, but as it went on many people were getting antsy and wanted to leave. I also noticed that

most people had an easier time paying attention when he was showing the documentary and had the music playing, and when it was the beginning of the PowerPoint.

Most students weren’t complaining about Allen’s talk, just about how long it was and how uncomfortable they were. I heard many students saying that they had a hard time hearing what Allen and the other speakers were saying.

During his PowerPoint many people were interested in the pictures and commented on it. Allen shared a picture of himself squeezing stuff out of a fish, and pretty

much every girl in there was grossed out by it, including me. Another picture he shared was one of young kids and different groups of kids working together.

When he showed this I heard someone near me comment on how when they were younger, they only did things with their friends and never really worked with other people. Allen said that because he played basketball he was a very competitive person; this pushed him to have a better farm, and you could tell when he said this that many of the students could relate.

Throughout the presentation many students

started leaving while he was talking.

At the end when it was time to ask questions, only a few people asked questions. Many people started to walk out and leave, but a good amount of people stayed. Someone asked if he would ever work with animals, like pigs or cows.

Another question was how the book has changed his life. Allen does work with some animals, and I couldn’t really hear his answer to the second question. The people who stayed for the whole thing got up and clapped and cheered for Will Allen when he was done.



# Westfield State Dining's rocky transitional semester



PHOTO FROM SHAWMUT.COM

**Michael Cottuli**

*Voice Contributor*

**Zachary Young**

*Voice Contributor*

**Nick Dolan**

*Voice Contributor*

**This semester, a returning Westfield State student arriving in the dining commons could easily tell that a lot had changed. The walls have been covered with new decorations, the workers' uniforms have all changed, and the burgers had been demoted to a considerably more "bite-sized" portion.**

Beneath the surface of Westfield State Din-

ing, however, employees are dealing with some amount of uncertainty. Many WSD employees find that this semester is defined by transition, and the quality of that transition seems to be a mixed bag.

"Through the transitional period, Westfield State Dining was fortunate enough to have assistance with the University of Massachusetts dining team," said Andrew Mankus, Director of Westfield State Dining. "This transition team of roughly 25 was com-

prised of chefs, Station Champions, and supervisors."

It's a good thing that Westfield had some help. According to an anonymous Westfield State Dining employee, Sodexo—the previous overlords of all things dining related on campus—wasn't able to move its equipment out of Westfield until July.

That doesn't leave very much time to lay down a foundation for its replacement. "We're all just betting on our jobs," said the same anonymous source.

"I've always enjoyed

working here," said Joseph Adams, a four-year employee. "But I feel like there's a lot of miscommunication amongst some of the head chefs."

That's not to say that things haven't been going reasonably well for Westfield State Dining, though. While there has certainly been some anxiety about the volatile nature of this semester's transition, there are definitely positives. "I've seen an increase in students from last year, so they must be doing something right," Ad-

ams said. "The transition and training was easier than I expected, plus the ones training us had experience over at the UMass Amherst dining commons."

The dust is still settling on the transition from Sodexo to Westfield State Dining, and it's impossible to know just how things are going to turn out.

Until then, you can enjoy your new bite-sized burgers, but just remember to treat the person serving it to you with some civility. They're going through enough right now.



# from the voice vault

## *From flags to fires: Residence Life cracks down on fire safety*

*This article was published in the September 28, 2012 issue of The Westfield Voice.*

**Megan Bishop**  
Voice Reporter

Imagine a group of students waiting around outside New Hall for an hour and forty-five minutes for a fire alarm to finish, wondering what's taking so long. That's exactly what happened on Tuesday, September 18.

When the students were allowed back in the building, many went back to their rooms to find a little yellow slip of paper, telling them they needed to take down their flags, curtains, and tapestries. These were considered fire hazards and against the rules.

This was a problem for many students, espe-

cially the juniors and seniors who had been here for years and were never written up for their flags before. Another question circulating around was: What about the First Amendment?

Senior Tanya Hogan said, "We have a right to express ourselves in our own living space. Our flags represent not only the country we live in or come from, but also who we are. It's something that is a part of us."

Many other students have shared the same opinion.

According to Josh Hettrick, the Assistant Director of Housing, Residential Life was unaware of how many flags were actually all over campus. The issue was recently brought to central staff. They went over the handbook and saw that it was

still a policy and decided they needed to enforce it.

Hettrick said the fire policies have been in place since before he got to WSU, but that most of them were developed from fires that have occurred on college campuses in the past.

Senior Luke Dezagó asked the question, "How much would a flag add to a fire, considering the amount of posters people hang on their walls?"

Hettrick explained, "Paper burns much faster than fabric. When the paper is gone, it is likely to go out and not cause significant damage. Flags are fabric and will allow a fire to jump from place to place, causing the fire to spread." In reference to the amount of posters people hang, he said, "We encourage students to hang posters at least six

inches apart and expect that they cover no more than one third of their wall."

The next big issue was the vendors who come to campus and sell flags. What was the point of having them if the flags couldn't be displayed?

Hettrick said, "People seem to forget that there are 2000 commuter students and grad students who are also buying the flags for their off campus spaces."

The vendors were brought in to target different people with different interests, not just residents.

As far as freedom of expression was concerned, Hettrick was very pleased to hear that students were concerned about that. He understood that people want to express their interest in

their country, but "find other ways to do that. It's important to be interested in politics and express your pride, but, for safety reasons, find a smaller scale to do it."

Attempts to reach out to students who were pro-policy failed because most students interviewed were against it. So students will not be surprised by another new policy beginning October 9.

Residential Life will be performing health and safety checks at least once during the semester. Students will be warned before this happens and will have the opportunity to correct any policy violations they may have in their living space before the inspection occurs.

## *The Proud Conservative*

*This article was published in the December 3, 2010 issue of The Westfield Voice.*

**Dan Drexler**  
Voice Reporter

Watch what you say! The P.C. police are coming!! The politically correct left is so bent on everybody following their script of "not saying anything whatsoever that may offend anyone for whatever reason", has gone so far as to fire one of their own team members.

NPR has taken political correctness to an obscene level when they announced

recently that they have fired popular news analyst Juan Williams from their network. The move came after Williams, also a liberal slanted Fox News political analyst, appeared on The O'Reilly Factor, last Monday. The host, Bill O'Reilly, asked him to respond to the notion that the United States was facing a "Muslim Dilemma". O'Reilly said, "The cold truth is that, in the world today jihad, aided and abetted by some Muslim nations, is the biggest threat on the planet".

Williams concurred with O'Reilly, and continued, "I mean, look Bill, I'm not a bigot. You know the kind of books I've written about the civil rights movement in this country. But

when I get on the plane, I've got to tell you, if I see people who are in Muslim garb, and I think, you know, they are identifying themselves first and foremost as Muslims, I get worried. I get nervous".

Trying to lend credence to his remark, Williams made reference to the Pakistani immigrant who pleaded guilty this month to trying to plant a car bomb in Times Square. "He said the war with Muslims, America's war is just the beginning, first drop of blood. I don't think there is any way to get away from these facts", Williams said. NPR said in its statement that the remarks "were inconsistent with our editorial standards and practices, and undermined his

credibility as a news analyst with NPR." Poor Guy, He honestly stated his feelings as a response to a credible question being asked. He then gets fired. I don't get it...Another thing I don't get. Where were the P.C. police when MSNBC's own Uber-liberal news commentator-wannabe Rachel Maddow said in response to the Times Square bombing attempt. "These are desperate people who have been struggling for centuries, and they are entitled to their own views concerning their religious beliefs". What? Excuse me; I just had a brain hemorrhage!!! She excused a murderous terrorist for threatening Americans, but Juan Williams gets fired for honestly answering a question. I truly am beginning to worry for the future of Journalism when things are so backwards now. Just a few

months ago, a producer for NPR, Sarah Spitz, went so far as to wish death upon the liberal loathed political commentator/entertainer Rush Limbaugh. In a post on a liberal web site, Spitz wrote that she would, "laugh loudly like a maniac and watch his eyes bug out" as Limbaugh writhed in torment.

Admitting she would happily watch a man die in front of her eyes, mainly because she didn't agree with his point of view, went on to say that she didn't know she had that much hate in her, but insisted that Limbaugh deserved it. What a wonderful thing for a news producer to say. An NPR news producer, at that. The big difference between her statement and Juan Williams's statement is that she got applauded for her remark. Juan Williams got fired. Go Figure!



# Dublin, Ireland: a leap of faith well worth it

**Kiersten Kelly**

Voice Contributor

**My name is Kiersten Kelly** and I am a senior at Westfield. Currently, I am an international student at Dublin Business School in Dublin, Ireland! I am from Charlestown, Massachusetts, which is a small town right in the heart of Boston. Because I grew up in a large Irish family in a predominately Irish town, being able to visit Ireland has always been the top item on my bucket list.

From all of the pictures I'd seen, I could tell Ireland was going to be absolutely beautiful, but what I quickly learned since I've been in here is that pictures do not do this beautiful country justice. I left for Dublin on Sept. 15, 2016 and probably didn't go to sleep until the night of the 17th. If I were to give you one piece of advice, it would be to sleep on the plane.

It may be uncomfortable and cramped, but that six-hour nap during your flight will save you during your welcoming orientation. Unfortunately, I was unaware that the airplane seats reclined, so I was unable to fall asleep. I was like a walking zombie, and it shows if you were to look at my Dublin Business School student ID.

Dublin Business School is located in the middle of downtown Dublin. Their international department is awesome when it comes to showing their international students around



PHOTO PROVIDED BY KIERSTEN KELLY

Ireland. The international students are required to take an Irish Life and Cultures class, which not only teaches us more about the history of Ireland, but also takes us on field trips all over Ireland.

So far, we have visited Croke Park, Glasnevin Cemetery, the National Museum of Ireland, Galway, Inis Mor, which is the largest island in the Aran Islands, the Burren region, and the Cliffs of Moher.

My favorite place that we've visited so far easily has to be the Cliff of Moher. Being there gives you an entirely different perspective on life. The views are utterly breathtaking. Westfield has a lot of information and resources when it comes to finding out more about studying abroad.

If you go to the Inter-

national Programs web page at <http://www.westfield.ma.edu/offices/international-programs-office>, you will see the vast amount of international schools that you can apply to right through Westfield.

From Poland and England to China to Japan, if you've had a dream of studying somewhere, Westfield probably has a program there. Even if you do not want to spend a semester abroad, they have countless programs during winter, spring, and summer breaks where you can go and spend a couple of weeks abroad.

One of the things I am most thankful for are the people I've met because of my decision to study abroad. I came to Ireland with three other Westfield students who I didn't even know until we

got on the plane together. We quickly became not only each other's roommates and friends, but also each other's personal photographers, dancing partners, traveling buddies, and little reminders of home. These people, along with the other friends I've met from all over the world, are the reasons why I've been so at home here in Dublin.

Another piece of advice I want to give anyone who is thinking of studying abroad is to travel! It is so cheap to travel throughout Europe, with round trip flights averaging around 45 dollars.

In the beginning of November, my school has what is called a Reading Week, which is like Europe's version of Spring break. During Reading Week, I am traveling to London, Amsterdam,

Rome, and Paris.

If you have ever thought about studying abroad, I encourage you to do it. It doesn't matter if you are the only one of your friends going abroad because you're quickly going to make friends from all over the world.

You need to take that leap of faith because, trust me, it will definitely pay off. In the few short weeks that I've been here, I've visited places with some of the most breathtaking views you'll ever see, met new friends from all over the world, and gained the sort of independence that you only get once you leave your comfort zone.

I would not be able to write this article on my rooftop balcony in the middle of Dublin if I didn't take that leap of faith, but I'm glad I did.



# gail's guidance

Dear Gail,

Thanksgiving is already a week away and I don't know how I am supposed to deal with my family. Any tips to help survive this fun holiday?

Signed,  
the loner

Dear loner,

Holidays are a tough time for all of us. Between dealing with perverted great uncles and every other member of the family asking about what you're going to do with your college degree, it's a struggle. Always become allies with the rebel cousin that's in your age group, they'll have what you need. If the cousin card isn't an option, raid the alcohol cabinet and hide in your room. If your grandfather brings up your Facebook, then just run away; you probably won't want to discuss the leather skirt you wore the weekend before. Try and hang out with your cool aunt who drinks too much and wishes she was still in college. If you don't have any aunts, then just talk to your dogs; they'll always love you.

Best of luck!  
-Ya girl Gail

## **16th ANNIVERSARY!! "STUFF A CRUISER" GIFT "DRIVE" TO BENEFIT NEW BEGINNINGS SHELTERS FOR VICTIMS OF DOMESTIC ABUSE**

**Sponsored by WSU Department of Public Safety,  
and Dunkin Donuts**

**When: Thursday, December 8th, 2016 - 10:00 AM to 2:00 PM**

**Where: Outside of Ely  
Main Entrance**

Our Police cruiser will be parked and ready to receive your donations. (If you can't make the actual drive date, donations will be accepted at the Public Safety Complex window now until the 19th.)

(Questions? Contact Mike Foyle @ X8098)

Type of donations accepted: Toys (new, unwrapped), and gift type items for adult women (hats, scarves, gloves, toiletries, etc.)

Please join us in making the holiday season brighter for those less fortunate



## Westfield State University Ranked in Best Online Bachelor's of History Degree Programs

Dear Westfield State University,

Westfield State University was recently named to our ranking of the best online Bachelor's of History degree programs in 2016.

The ranking was created by reviewing school rankings in publications like Forbes Magazine and US News and World Report to ensure that the schools were regionally or nationally ranked.

We then consulted the National Center for Education Statistics to rank the schools based on undergraduate tuition price.

Westfield State University was ranked 13th.

Using our practiced and time-proven expertise, Best Degree Programs' mission is to

share quality information to help students find the right type of degree program and college or university to fit their career interests.

The article and a high-resolution award badge can be found here: <http://www.best-degreeprograms.org/top-schools/online-history-degree-programs-bachelors>. Please feel free to link to the ranking on your website and/or social media.

A school-specific news release is available upon request.

Best,

Jamie Agamalian

Manager, Online Communications

[BestDegreePrograms.org](http://BestDegreePrograms.org)

## SIGMA TAU DELTA LEAF RAKING

"Everyone must take time to sit and watch the leaves turn." - Elizabeth Lawrence

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The members of Sigma Tau Delta will rake your leaves as part of a fundraiser to attend our annual convention, held in Louisville, KY.



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You can also call Professor Brewster at 572-5332 and leave your name, address, and phone number where you can be reached.

Prices are negotiated based on lawn size.

# The Westfield Voice

The objective student press of Westfield State University

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### General Information

Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to

write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

The views and opinions expressed in The Westfield Voice do not reflect those of the newspaper, the editorial staff, or the faculty, staff, or administration of Westfield State University as a whole.

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Founded in 1947, the paper began as Westek, became The Owl in 1969, The Campus Voice in 1996, The Voice in 2003, and The Westfield Voice in 2008.

The Westfield Voice has been in tabloid format since 2010.

For advertising rates and information, please call 413-572-5431.

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# opinions & editorials

FRIDAY, NOVEMBER 18, 2016

## Potential Tectonic Shifts

**Nathan Godard**

*Op-Ed Editor*

To make some of my readers feel old, it has been 15 years since the Sept. 11 terrorist attacks on the Twin Towers. I bring this up because there are now students being taught United States history in middle school and high school that were not alive to remember this historic event, an event that defined a decade, and perhaps a generation. It is crazy to think of that, and this is coming from the perspective of an individual who was only in first grade when he watched the World Trade Center fall.

To me, it is something that is engrained in my memory; however, this new generation will not identify with this event in the same way. It is with this kind of shift in identification with our past that our accepted historiography shifts based upon our perception, as well as the changes in what we value in society.

This is seen most prevalently in the college classroom where history professors begin to teach a survey-level course to classes of freshmen, a course which—for most students—provides insights which contradict the historical lens that they were given in high school. Unfortunately, here lies the disconnect between secondary and undergraduate history: both have different goals.

The secondary school teaches a standardized history because they are looking for a product: a



PHOTO FROM JAPANDAILYPRESS.COM

single right answer. There is no exploration of different historical interpretations, no allowing the students to form their own understanding based upon historical evidence. If they did this, there wouldn't be a standard answer.

This is in stark contrast to the expectations of the college classroom, where they expect the analysis of a multitude of historical interpretations of history as no one interpretation is necessarily incorrect, unless they base it on evidence that is not correct or has since been proven disreputable.

One may argue, of course, that this is because there is a significant difficulty spike when one goes to college; however, I have heard from countless students that the majority of what they learned in their American History survey courses was brand new material to them.

Many history professors find it difficult to teach their courses

because the prior knowledge that they expected their students to possess from their high school days is simply not there. This is not the fault of the students; this is the fault of the system and its shift in values. We can already see the shift in values, even at Westfield State University.

More and more students who would normally go to technical schools or universities focused on their studies—like business majors, criminal justice majors, science majors, or computer science majors—are flocking to liberal arts colleges because of their relative affordability. The more we see this, though, the larger the focus will be pulled from the humanities—the natural focus of liberal arts colleges.

As this occurs, the value of historical study as we know it in college, along with other fields in the humanities, are slowly diminished to “fluff” classes. Because of the demand for a product, a specific right answer

exists, influenced by a shift in demand for what education policymakers deem important for American citizens to know about its history.

This specific “right answer” can be controlled, shaping how we view America and its place in the world. This is the fear of historians and professors. To understand this fear, one must recognize the significance of historical perspective: helping us to understand America's place and role on the global stage by understanding our shared history, our shared failures, and our shared victories. Unfortunately, because of the shift in values, history is becoming less valued.

As a result, oftentimes the manner in which it is taught does not excite the critical thinking skills of students, but rather paints history as a list of facts and events rather than a woven tapestry that is not fully understood.

Much of this tapestry we are, in fact, missing, but with the finding of historical evidence and the advancement in human values, new historical interpretations are found with the finding of more evidence that sheds light on parts of the tapestry we perhaps never perceived before.

I beseech the reader to encourage the independent study of history to those who do not believe they will find themselves in a undergraduate history class. Otherwise, they may not ever have the opportunity to possess an understanding of America's place in the world.



# Tips and tricks from Westfield State alumni

## Mike Stender

Voice Columnist

**Senior year: exciting** for some, nerve racking for others. The road to graduation is not as easy as one would think. There's a lot to think about. "Is this major really for me?" "Should I retake that class?" "Do I have a resume for future jobs?" And, of course, "What am I going to do after graduation!?" Being a senior myself, I understand how much of a mixed feeling it is to finally be graduating college.

It's an exciting and huge accomplishment to get that degree and pursue a career in whatever field you're going into; however, it is quite an overwhelming experience as well. Jobs aren't just given out like free samples at a grocery store; there are a lot of steps one must take in order to secure that one career position you want most.

I was able to speak with a couple of Westfield State alumni who took different yet similar paths to get where they are today. The first person I spoke with was Cassidy Noonan, a graduate from the class of 2014. Cassidy was a sports medicine major at WSU as well as a MASCAC champion captain for the Women's Track and Field



Team. She now works as a licensed occupational therapist.

"It's what I really wanted to do," Cassidy said. "There's lots of requirements though at Westfield State and graduate school that you must meet.

The steps include applying for various grad schools, which is a very time consuming process because the applications are long and require things such as professor recommendations and transcripts. Some school's programs are harder to get into than others.

Grad school itself is hard as well. You can't pick your classes like in college. Everything is required and classes are tough. To meet expectations, you have to constantly be studying and be on your A-game." Noonan also

noted that, despite the hard work, the process is worth it in the long run. "It sounds hard but there are ways to handle it.

I recommend making friends with your classmates so you can work together and be able to study and pass exams. I've seen people try to do things on their own and they ended up failing or not doing as well as they thought.

Also, I recommend to apply to as many grad schools as possible. It will give you more options for programs and you can later decide on the one you like. This is a job I've wanted for a long time and all the hard work is completely worth it," said Noonan.

The next alumni I was able to speak with was John Tomlin from the class of 2015, who was able to complete

the Westfield State Criminal Justice graduate program in 2016. He is a 2-year captain of the Men's Track and Field Team and a MASCAC champion in the 4x4 relay. "I did a ton of networking as a CJ major," John said. "I kept in touch with those who graduated before me as well as other connections I made through networking with various people from different departments.

My best advice would be to take advantage of the options Westfield State offers such as the Career Center in Lammers Hall. They are there to help, so take full advantage of that. I also went to the Criminal Justice job fair at the Woodward Center every year and was able to network and get my name out there to different people

who were hiring. I was also able to land an internship which helped me get some great experience." Tomlin also spoke about his plans for the future. "Right now I'm a security guard at the Prudential Center in Boston.

It is helping me get experience as I apply for police jobs on all levels, including local, state, and federal. It's a long process but if you put in the hard work you will get that job you are searching for," said John.

With all that being said, it's safe to say that one must go the extra mile before or after graduation to successfully seek out that dream job everyone desires to get.

Everyone has their own way of doing things when it comes to job hunting, but I think it's best to learn from the people who were there before you and take what they have to say to heart.

The last place anyone wants to be is on their couch wondering if they could have taken that extra step at school seven years ago to pursue that career they wanted so badly.

Take advantage of the opportunities given to you, and put in your own work in order to be prepared to receive that diploma.



# lifestyle health & wellness

FRIDAY, NOVEMBER 18, 2016

## How to make a garden salad in your own dorm room

**Conor Hughes**  
Voice Contributor

My senior year of high school, when I finally decided where I was going to go to college, one of the first things I heard was: "Don't be a victim of the Freshman 15." I always assured anyone who brought that up that there was no chance that I could actually gain that much weight; however, I would go home and constantly think about the things I could do to prevent myself from eating too much, and I would try to plan out my weekly workout routine before even knowing my schedule.

Students on college campus's always seem to complain about the fact that there are not enough healthy foods for them to eat, therefore causing the "Freshman 15." Also, people are always complaining about how there is too much free-time in the day which causes them to get really bored.

I came up with a great way to keep busy and eat snacks that are healthier than what the school provides: you can do this by starting a mini garden in your dorm room. This sounds crazy, but I assure you it's a great way to stay active throughout the day and also maintain a healthy diet; however, there are some certain steps that you must follow in order for this to work.

**Getting Started.** In order for this to work, you must find a place within the dorm room that you can begin to



grow your own garden. A place with direct sunlight will be needed, so I would suggest getting an 8-12-inch-deep pot that can fit along the edge of your windowsill. This will be where you will grow all of your crops throughout the year.

What can I grow? What you want to grow is completely based on the type of garden you want. There are many different kinds of fruits and vegetables that will thrive growing in your room. In order for this to work, and for your snacks to grow, you must be able to get multiple hours of direct sunlight per day in your room.

There are many different snacks you can grow.

**Tomatoes—**Tomatoes can grow in just about any size container. You want to be sure that the container that you have chosen is the right size to deal with this variety of plant. Plant the seeds away from other planting seeds to ensure correct growth. Also, add a cage around the bottom of the container to make sure that

it is steady. **Benefits:** Tomatoes are a very healthy option for your garden.

They are also an excellent source of vitamin C, biotin, molybdenum, and vitamin K. They are also a good source of copper, potassium, and dietary fiber. Tomatoes will help with heart problems in the future, and eating them is even a way to prevent the possibility of cancer in the future.

**Basil—**Basil is very easy for both indoor and outdoor growing. All you'll need is at least a six-inch platter, fresh soil, and basil. For watering this plant, make sure that you are not getting the stem or the leaves of the basil wet, just water the soil around the plant for perfect planting. **Benefits:** Basil has essential nutrients needed to help with cardiovascular health. It is an excellent source of vitamin A, which helps free radicals from oxidizing cholesterol in the bloodstream. Basil is also a very good source of magnesium which helps cardiovascular muscles relax, thus improving

blood flow.

**Kale—**Kale is a very easy plant to garden and harvest and it doesn't need much space at the same time. Growing Kale in containers will allow you to move it into some shade or away from the cold weather. You could either transplant some kale plants or directly plant them, whichever you would rather do.

You must not overwater these plants, but at the same time, you also can't let them get too dry.

**Benefits:** Kale is high in fiber and contains zero fat. Kale is also high in vitamin A, vitamin C, iron, vitamin K, and calcium. Kale actually has more calcium than milk, which helps prevent osteoporosis. It is also very good for your immune system, vision, and skin. Kale is also great for your cardiovascular system as it can help lower cholesterol levels.

**Lettuce—**Lettuce is known as one of the easiest of all plants to grow in a container. You must plant the seeds directly into the soil in

order for them to grow. Also, if you'd like to save some space, lettuce can grow with many other greens as well. If you plan on growing lettuce in a container, make sure that you have a bigger container for when it begins to grow.

**Benefits:** Eating lettuce is a great way to help lose weight and it is very heart healthy. Lettuce is high in fiber, which helps with digestion; this will actually help with long-term weight control. The vitamin C and beta-carotene work together in order to prevent the oxidation of cholesterol, which helps keep away the buildup of plaque. Lettuce has also been proven to help with insomnia. When you split the head of lettuce, the white liquid you see is lactucarium.

Lettuce has relaxing and sleep inducing properties that are very similar to opium, without the stronger side effects. **Carrots—**Carrots are another plant that can really thrive in containers if maintained properly year-round; however, in order for this to work, you must get a container large enough for the carrots to grow to their correct length. You cannot overwater the carrots, and you have to be sure to create some holes on the bottom of your pot for drainage.

Also, you can create your own water catcher so that water doesn't become an issue in your dorm! You should be able to see growth

see HUGHES on page 14





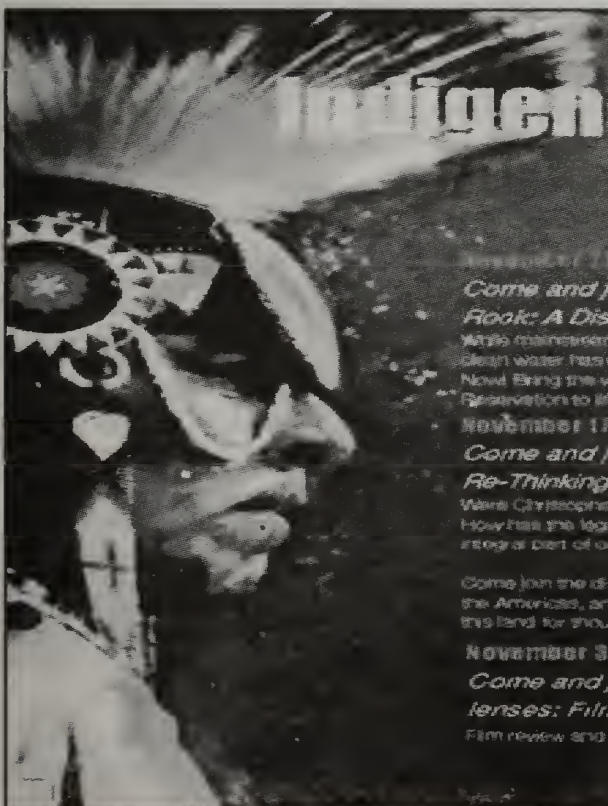
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## Indigenous & Native American History Month

*November 17 | Monday | 6:30 PM*

**Come and join the discussion about Standing with Standing Rock: A Discussion and Call to Action**

While mainstream news coverage of the fight to protect sacred land and access to clean water has been incredibly lacking, independent media groups like GoBackNow! Bring the voices and struggles of those on the ground at the Standing Rock Reservation to life.

*November 17 | Courtney Hall | 6:30 PM*

**Come and join the discussion about De-Colonizing Columbus: Re-Thinking the Discovery Narrative**

Were Christopher Columbus and his men heroes? What did they actually "discover"? How has the legacy and celebration of Columbus been created and become such an integral part of our popular culture?

Come join the discussion of how we can change the narrative, rethink the meaning of the Americas, and embrace perspectives from the Indigenous Peoples who had been in this land for thousands of years before Europeans ever arrived.

*November 30 | University Hall | 6:30 PM*

**Come and join the discussion about Viewing with new lenses: Film Pocahontas**

Film review and media analysis on Disney's Pocahontas.

**DIVERSITY  
INCLUSION**

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# owls athletics

FRIDAY, NOVEMBER 18, 2016

## Historic upsets take college football playoff by storm

### Kyle Finamore

Voice Columnist

There are few things in sports more exciting than an upset, and those looking for that excitement this past Saturday got that and then some. The college football season is coming to a close and every game is becoming that much more important for teams looking to solidify themselves as a contender for the top four playoff spots.

Heading into week 11 of the college football season, the top four teams were very clear with the undefeated Alabama Crimson Tide in the top spot, the Clemson Tigers at number two, the Michigan Wolverines at number three, and the Washington Huskies at number four. There was no controversy among those four teams being in the top spots until Saturday.

For the first time since 1985, three of the top four teams in the country lost, leaving an unknown feeling for many college football fans. Starting at the top, the only victorious top four team of the day,



Alabama, was able to take care of business—in convincing fashion—and once again give Mississippi State a 52-3 beat down.

The Tide continued to roll, sitting at 9-0 and an odds-on favorite to win the National Championship. Next, the runner-up to Alabama in last year's title game: Clemson. The Tigers suffered their regular-season loss after a run of twenty-three straight wins.

The loss came at the hands of the unranked Pittsburgh Panthers who were able to clinch

bowl eligibility with the exciting 43-42 last-second field-goal victory. The college football playoffs are not out of reach for Clemson now, but it sure makes the road a lot more difficult.

Now comes the previously third ranked Michigan Wolverines, who were also taken-down by a last second field goal. Michigan was on the road in a hostile environment against the Iowa Hawkeyes, who also clinched bowl eligibility like Pittsburgh.

The Wolverines now control their own des-

tiny in the race for the college football playoffs with a rivalry matchup against the Ohio State Buckeyes, another team now in serious contention for the playoff.

Finally, the Washington Huskies were the third top-four team to lose on Saturday when they fell to the twentieth-ranked USC Trojans. The Huskies looked a lot more over-matched than the other top-four losers in the country when they lost by a score of 26-13.

The loss appears to be much more detrimental to Washington

than it does to Clemson and Michigan because of their easier strength of schedule. While all three of the losses are not the end of the road for these teams, it is clear that the road to the college football playoff is much more challenging.

This will open the door for teams like Ohio State, Louisville, Wisconsin, and Texas A&M to possibly make a move toward the top. It remains to be seen what will happen in the rest of the college football season, but it will be sensational for sure.



# Westfield sports winter preview

**Tim Jaroche**  
Sports Editor

Winter sports are here Westfield. Men's and women's basketball begin this week, and Men's hockey and women's swimming continue to compete. The preseason rankings are out for men's and women's basketball. The women are ranked number one after winning the MAS-CAC tournament last season and holding a regular season record of 11-1. The men's team is ranked number five after an 11-16 regular season record last season.

Fortunately for them, they get to begin the season at home against Mt. Ida College where they hope to build some early season momentum. Men's hockey has a 3-2 record so far as they are in the middle of conference play.

They are 1-2 in the conference right now and the next two games are in conference against Worcester State and Framingham State. They hope to be above .500 in the division. Women's swimming is 2-1 right now, and af-



ter a meet versus Smith College on Friday, they have two in conference meets in a row on the road. The women's basketball team is returning plenty of key players this season, so they look to compete at a similar level, if not higher than last season.

They started the season on Tuesday night at Keene State. Westfield started out slow shooting 6-18 from the field and 1-10 from three point range in the first quarter. Keene State made just as

many threes in the first while shooting half as many. Kirsy Segarra and 2015-2016 MAS-CAC player of the year, Jill Valley, led the way with five points each for Westfield.

In the second quarter, Westfield still wasn't shooting great (6-24), but was able to get to the free throw line to cash in 13 points on 15 attempts. Kierra McCarthy, Rebecca Sapouckey, and Jill Valley contributed 17 combined points in the quarter. At halftime, Westfield was

down just one despite their shooting woes. In the third quarter both team's defense was stifling, allowing the fewest combined points in a quarter this game with 29 total.

Westfield also played very clean defense, not allowing Keene to go to the free throw line once. With a 14-15 scoring split between the teams, Westfield was down two going into the fourth hoping their shots would start to fall. Kirsy Segarra connected on

another three-pointer, her and the team's second of the game.

They shot 6-25 in the last quarter and were outscored 23-16 to end the first game of the season. Westfield shot an impressive 82% (19-23) from the free throw line which helped heavily down the stretch. Another impressive detail from their game was causing 30 turnovers and capitalizing on these possessions, scoring 27 points as a result.

Shooting 2-35 from beyond the arc is what hurt them, but that won't happen every night. Their next game will be against Rhode Island College as part of the Brandeis tip-off classic starting on Friday night. At the Woodward Center this weekend the men's basketball team will be competing in the Rick Martin/Holiday Inn Express Tournament beginning Friday night at 5:30 p.m. versus Mt. Ida. Other teams competing in this tournament include Colby-Sawyer and Ramapo College. Get out to support your Owls as the winter season begins!

## Patriots vs. Seahawks

**Mike Witts**  
Voice Contributor

**This past Sunday** the New England Patriots took on the Seattle Seahawks in a rematch of the classic Super Bowl XIV. The Seahawks came to New England looking for revenge after the 28-24 loss the last time the two teams met in the Super Bowl.

Considering that this game took place

in week 10, there was not nearly as much at stake, but still a big game nonetheless.

Entering the week the Patriots were rolling with Tom Brady at 7-1, and the Seahawks were at a respectable 5-2-1. The New England defense struggled throughout the entire game and allowed Russell Wilson to throw for 348 yards and three touchdowns passes, leading them to a 31-24

victory.

LeGarrette Blount led the way for the Patriots with three touchdowns, although his efforts were not enough. For the first time this season Tom Brady was shutdown with 0 touchdowns and his first interception of the season, despite throwing for 316 yards.

It was a tight game just as expected, going back and forth throughout the game's

entirety. There were a total of eight lead changes throughout the game, which is the most in the NFL so far this season. The Patriots also had a chance to tie the game at the very end with the ball on the goal line.

It was incredibly similar to the finish of Super Bowl XIV when the Seahawks threw an interception at the goal line to Malcolm Butler. This time it

was the Patriots who threw, although not intercepted; it was an incomplete pass to Rob Gronkowski in the corner of the end zone. The Patriots look to getting back on track next Sunday Nov. 20 in San Francisco.

It is unclear yet if Rob Gronkowski will be with the team on Sunday due to a punctured lung after a large hit by Kam Chancellor on Sunday.



from **CAULFIELD** on page 1

university. Marcus DiBacco, vice president of finance, said that the administrative news is not getting to students as effectively as campus event news is. Oliver said that some news will be sent out to faculty and students in different emails that each have different information; sometimes these emails will only be sent to faculty. She did say that DiBacco made a good point, and she said that she will work on that going forward. The next meeting of the Student Government Association will be on Nov. 29, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

from **HUGHES** on page 10

within seven days or so if you're doing to right. Benefits: Carrots have some great benefits, including helping with vision. Carrots contain beta-carotene which is transformed into vitamin A in the liver. Vitamin

A is transformed into rhodopsin inside of the retina, which is a purple pigment that helps with night vision. The same beta-carotene is proven to help slow down aging. The beta-

carotene also acts like an antioxidant to cell damage which helps slow down the aging of cells. Vitamin A in carrots also helps cleanse the body by flushing out the toxins. Cucumbers—Cucumbers are easy to grow in containers and they can also be grown throughout the winter season.

Cucumbers will need some space in order for them to grow. Also, you will need to get a wooden stake in order for them to grow properly; cucumbers vine up when they start to grow.

Once the cucumbers begin producing, you must harvest them regularly so they don't weigh down the vines and start to weaken them.

Benefits: Cucumbers are proven to help reduce the stress levels in your body. Cucumbers contain multiple B vitamins such as vitamin B1, vitamin B5, and vitamin B7. B vitamins have been known to help ease

your own feelings of anxiety and take away some damaging effects that stress can bring. Cucumbers also contain a lot of potassium, which helps lower your blood pressure levels.

Cucumbers are also known to be rich in two of the most basic elements in the digestive process: water and fiber. If you have acid reflux, you should know that drinking water can help with that and the amount of water in cucumbers would really help. Also, eating a cucumber will give you your daily intake for fiber per day at 50 grams per 1000 calories. What do I need to begin?

Here are seven things. 1. A lot of fresh, rich soil to help your plants flourish. 2. Two separate containers, one smaller and one bigger, in order for a wider variety of plants to grow in your room. 3. Seeds for each and every plant you decide to try growing. 4. A watering container, ensuring that your plants get enough water to thrive and survive. 5. Sunlight. This completely based on the weather pattern, but if you live in a place that gets virtually no

direct sunlight, you will have trouble starting up your garden. 6. A cage to ensure that the pots/containers can keep hold of all the plants growing within them. 7. A good attitude. If you come in and have the mindset that it is too hard, then you're correct.

The more effort you give, and the better your mindset put into this work, the more it will make this piece of art a masterpiece! How should I care for/feed my garden? Here are five tips. 1. Make sure that you are continuously keeping your plants healthy by keeping them watered.

You can tell when your plants need watering when the top 1-inch of the soil is dry. 2. Whenever there is an excess amount of water draining from your pots, make sure to empty it out. This minimizes the amount of fungal issues and the amount of plant rot.

3. Many vegetables and fruits thrive when you fertilize the plants within a two-week time interval. 4. In order to enhance the growth, you can mix a teaspoon of fertilizer with a

gallon of water to help with watering your plants. 5. Plants that are grown indoors very rarely come across a pesticide issue; however, if you forget to empty out the water, you can come across an issue of fungi growing on your plants. 5. Water the soil by trying to not get the leaves and stems wet and hold back from watering your garden until it has become more dry to prevent fungal issues.


Buying/Pricing. You can purchase any of the items you need to start this garden on Amazon.com. Some being much cheaper than the others. 1. 36-inch wide window box—costs \$41.942. Strong, reusable pot—costs \$21.953. Novelty watering can—costs \$12.224. Wooden stakes—costs \$7.55

Other essential gardening tools that you'll need can be purchased at Home Depot, which has much better quality items for more quantity. 1. 2 cubic feet of Miracle-Gro soil—costs \$7.972. Scotts fertilizer—costs \$19.98 Have fun and get growing!

Helping friends heal  
Overcome family issues of  
Mental illness and addiction  
Everyone Belongs

HOME

Do you have a family member  
with a mental illness or addiction?  
Are you struggling with these issues?



The group is made up of people who may  
have a family member with a mental illness or  
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Wednesdays at 3:30 p.m.  
Located in the Counseling Center  
Lammers Annex

~~~~~

*Do you write papers and essays
for class?*

Do you write in any form?

Are your open letters just not open enough?

*Then you should write for The
Westfield Voice!*

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Autumn

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K N D N D S E R N E D S R N M C O U  
S C Y L N R G L U O L P M K E E C P  
Q R A K E I E R E T X G I S V R T S  
U Y D T M A N T S A E F N G O A O E  
A D Y D S I V G R T V S G I N C B P  
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H I E L P P A E S P H A S I V O R E  
B W T Y L L I H C T E S P N R F L M  
F T S E V R A H Y E L O I G C R E B  
A A U H A L L O W E E N E F I O S E  
A F L S E V A E L W O L L E Y S L R  
L O B L W E C H E S T N U T S T R D

ACORN  
APPLE  
BIRD MIGRATION  
BLOWING LEAVES  
BLUSTERY DAY  
CANNING  
CHESTNUTS  
CHILLY  
CROPS  
COLD  
EQUINOX  
FALL  
FARMING  
FEAST  
FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
HICKORY NUTS

LONGER NIGHTS  
NOVEMBER  
OCTOBER  
ORANGE LEAVES  
PIE  
PUMPKIN  
RAKE  
RED LEAVES  
SCARECROW  
SCHOOL  
SEASON  
SEPTEMBER  
SHORTER DAYS  
SQUASH  
SWEET POTATOES  
THANKSGIVING  
TURKEY  
WINDY  
YELLOW LEAVES

Games & Leisure Maze

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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| 14 |    |    |    |    | 15 |    |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    |    | 18 |    |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    |    | 21 |    |    |    |    |    | 22 |    |    |    |
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|    |    |    | 27 |    |    |    | 28 |    |    |    |    |    | 29 | 30 |
| 31 | 32 | 33 |    |    |    | 34 |    |    |    |    |    | 35 |    |    |
| 36 |    |    |    |    | 37 |    |    |    |    |    | 38 |    |    |    |
| 39 |    |    |    | 40 |    |    |    |    |    | 41 |    |    |    |    |
| 42 |    |    | 43 |    |    |    |    |    | 44 |    |    |    |    |    |
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| 50 | 51 |    |    |    |    | 52 | 53 |    |    |    |    | 54 |    |    |
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| 61 |    |    |    |    | 62 |    |    |    |    |    | 63 |    |    |    |

ACROSS

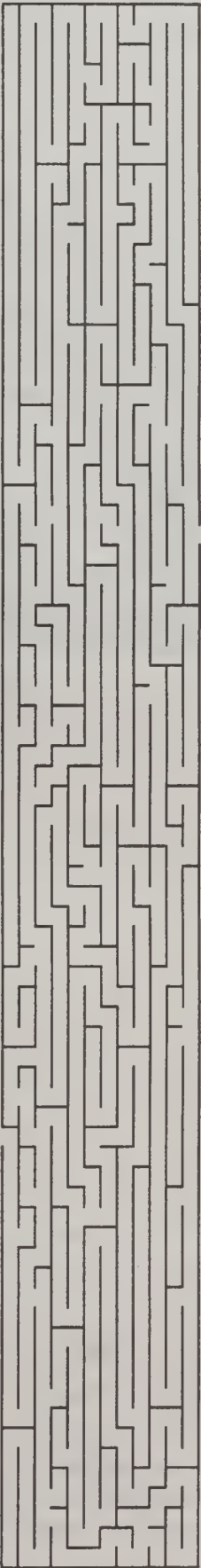
1. Baroque composer  
5. Loft  
10. Vipers  
14. Attraction  
15. Small fluid-filled sac  
16. Wicked  
17. Alteration  
19. Bright thought  
20. Pen part  
21. "Smallest particles"  
22. Something to shoot for  
23. File  
25. Mobile phones  
27. Autonomic nervous system  
28. Honeymooner  
31. Apple or orange  
34. Burrowing mammals  
35. Actress Lupino  
36. Piecrust ingredient  
37. Stream  
38. Smudge  
39. Sphere  
40. Prongs  
41. Motif  
42. Nonviolent

44. Court  
45. What we are called  
46. Diplomacy  
50. Simpleton  
52. Stimulate  
54. Be unwell  
55. Smog  
56. Waistband  
58. Beers  
59. Extraterrestrial  
60. Behold, in old Rome  
61. Marries  
62. It makes dough rise  
63. A doe or stag-

DOWN

1. Flavorless  
2. Sound  
3. Grouches  
4. Cool, once  
5. Wanes  
6. Coach  
7. Snip  
8. Kind of triangle  
9. Tin  
10. Zealously  
11. A glancing blow  
12. Urgent request  
13. Secure against leakage

18. Corrupt  
22. Ailments  
24. Told  
26. Pitcher  
28. Book of fiction  
29. Biblical kingdom  
30. A romantic meeting  
31. Dud  
32. Unusual  
33. Make more city-like  
34. Small  
37. Abundant  
38. Sneaker or pump  
40. Office fill-in  
41. Laser printer powder  
43. Gentle stroke  
44. European bison  
46. Exhaust  
47. Condiment  
48. Subsequently  
49. Church officer  
50. Defrost  
51. Welt  
53. Dogfish  
56. Islet  
57. What we sleep on







## THIS WEEK'S EVENTS

| Date     | Time    | Event Name                                                  | Location              |
|----------|---------|-------------------------------------------------------------|-----------------------|
| 11/18    | 12:30p  | Order Day                                                   | Ely Lower Lounge      |
| 11/18    | 8:00p   | Theatre Arts Programs presents: The Learned Ladies—Tix: \$3 | Ely Black Box Theatre |
| 11/18    | 3:30p   | Yoga                                                        | Ely Fitness Center    |
| 11/18    | 10:00p  | Brown Bag Bingo!                                            | Scanlon ENQT Hall     |
| 11/18    | 10p–12a | Senior Class: Pancake and Karaoke Night!                    | Owl's Nest            |
| 11/19    | 8a–1p   | American Foundation for Suicide Prevention: Survivor Day    | University Hall Lobby |
| 11/19    | 10:00a  | FREE Math MTEL Practice Workshops                           | Wilson 326            |
| 11/19    | 10a–2p  | Passport Day! Cost: \$135. Checks & Money Orders only!      | Tekoa Room, DC        |
| 11/19    | 2:30p   | Theatre Arts Programs presents: The Learned Ladies—Tix: \$3 | Ely Black Box Theatre |
| 11/19    | 7:30p   | Music Theatre Workshop presents: "Behind the Mask"          | Dever Stage           |
| 11/21    | 10a–3p  | FACES Bake Sale: Supporting Foster Youth                    | Ely Lobby             |
| 11/21    | 12:00p  | Standing with Standing Rock: A discussion & call to action  | Tekoa Room, DC        |
| 11/21    | 6:00p   | Drop-in Writing Help                                        | Ely Library           |
| 11/21    | 6:00p   | FREE Math MTEL Practice Workshops                           | Wilson 326            |
| 11/21    | 7:30p   | Music Department Chamber Ensembles                          | Dever Stage           |
| 11/21    | 8:00p   | Open Mic Night                                              | Owl's Nest            |
| 11/22    |         | LAST DAY TO WITHDRAW FROM CLASSES!                          |                       |
| 11/23    |         | CLASSES END AT 12:30P! University closes for break!         |                       |
| 11/24-25 |         | No School: Thanksgiving Break                               |                       |
| 11/28    |         | Classes Resume                                              |                       |

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to [www.westfield.ma.edu/studentactivities](http://www.westfield.ma.edu/studentactivities)

email [mlender@westfield.ma.edu](mailto:mlender@westfield.ma.edu) If you would like to advertise your event on the outdoor screens and student activities calendar

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
Fri & Sat 7 a.m. to 9 p.m.

### Ely Harvest

Mon-Fri 7 a.m. to 11 p.m.

### The Perch

Sun - Thurs 9 p.m. to 1 a.m.  
Fri & Sat 9 p.m. to 2 a.m.

### Dunkin' Donuts

Mon - Fri 7 a.m. to 10 p.m.  
Sat & Sun 10 a.m. to 10 p.m.

### Wilson Cafe

Mon - Thurs 8 a.m. to 8 p.m.  
Fri 8 a.m. to 6 p.m.  
Sat & Sun closed

### Garden Cafe

Mon - Fri 8 a.m. to 2 p.m.  
Sat & Sun Closed

### TJ Bistro

Mon-Thurs 8 a.m.-12 a.m.  
Fri 8 a.m.-1 a.m.  
Sat 10 a.m.-1 a.m.  
Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
Sat - Sun 5 p.m. to 1 a.m.

### Ely Library

Mon - Thurs 8 a.m. to 12 a.m.  
Fri 8 a.m. to 5 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 1 p.m. to 12 a.m.

### Ely Wellness Center

Mon - Thurs 6:30 am to 10:30 pm  
Fri 6:30 a.m. to 7:30 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 12 noon to 10:30 p.m.

### Bookstore

Mon & Thurs 9 a.m. to 5 p.m.  
Tues & Wed 9 a.m. to 7 p.m.  
Fri 9 a.m. to 4 p.m.  
Sat 12 noon to 4 p.m.  
Closed Sunday

### The Westfield Voice's Office

Mon 6:30 p.m. to 9 p.m.  
Tues 6:30 p.m. to 10 p.m.  
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528



# The Westfield Voice

FRIDAY, DECEMBER 2, 2016

westfieldvoice.com  
@westfieldvoice

## SGA discusses new Advisory Committee and the recent issues of the Online Course Haven

**Ryan Caulfield**  
SGA Correspondent

After a longer Thanksgiving break than usual, the Student Government Association met with Marsha Marotta, vice president of academic affairs, who discussed new advancements and committees being formed within academic affairs.

Susan LaMontagne, dean of student affairs, also spoke to the SGA to address an issue with the mandatory online course Haven alcohol Edu's tracking system which lets the administration know if a student has completed Haven or not.

Matthew Carlin, president of the SGA, welcomed the senators back from the Thanksgiving break and invited Marotta to the podium. She stated that the university has created a newly formed advisory committee on academic planning. This committee reports and makes recommendations to President Torrecilha, she said.

Marotta also noted that there are three other planning advisory committees such as the University's budget committee and



PHOTO TAKEN BY DELANEY GEMBS

facilities committee. She said this fall the academic planning committee has been discussing questions pertaining to the system the deans from academic affairs work under. There are five dean positions within academic affairs; undergraduate studies, education, faculty graduate education, and academic information services. We know we are stretched quite thin the way we are. The committee is looking whether to keep this structure and enhance it a bit or do we change the structure of academic affairs, Marotta said.

One way, she said,

that could help relieve stress for the deans would to divide the universities into colleges where a dean would be at each college. Marotta said that with the size of Westfield State, three to five colleges could be made. An example could be the, the college natural and social sciences.

She stated that it would be best to examine a new model for the efficiency of the deans, rather than adding new positions to be filled. Chairs of academic departments are also weighing in with the academic planning committee to see if the college option is the most viable,

she said.

One question that arose from Andrew Manchino, parliamentarian, talked about how the college setup would affect the student experience on campus as well as the University's common core. Marotta answered that it would change the student's identity more than the experience where a more focused label for a certain study can be reached.

On the common core, she said that it is not academic affairs intention to change the core with the divided college setup. At Westfield State, as a comprehensive university,

the liberal arts are at our core. The [cores] are a discipline in of themselves of themselves, and serve what employers want to see from students, Marotta said. After Marotta finished, Susan LaMontagne claimed the podium and discussed a problem with the tracking system for students who completed the online haven alcohol edu course.

Students who did not complete haven by the extended Nov. 4 deadline

see CAULFIELD on page 14

### In this week's issue

**Campus News & Life**  
SGA  
Voice Vault  
Press Release

**Op-Ed**  
A Dangerous Perception  
On Senior Year

**A&E**  
Avenged Sevenfold

**Lifestyle Health and Wellness**  
Trigger Warnings  
Earthworms  
Diets

**Sports**  
Mens Basketball

## The objective student press of Westfield State University

VOLUME VIII, ISSUE IX

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, DECEMBER 2, 2016

## News from other schools

### The Berkeley Beacon

#### Emerson College

Emerson College's food vendor, Sodexo, has replaced their old executive chef Wanderson Dearaujo, with Dianna MacPhee. This change was set in motion due to criticism from students and parents.

### The New Hampshire

#### U. of New Hampshire

A petition started by UNH sophomore Fouad Al-Matrouk called "Ban UNH Parking Tickets," has gathered 350 supporting signatures. The petition calls for a revaluation the University ticket pricing and time to pay them off.

### The Washington Square News

#### New York University

A new club called, "Realize Israel," is helping NYU students who wish to support the country of Israel and engage in conversation about the State of Israel through hosting speakers and social events.

### The Daily Collegian

#### U. of Mass Amherst

More than 150 students attended Kumble Subbaswam's,

U. Amherst's Chancellor, speech-addressing demands to make the University a sanctuary campus for immigrants.

He said the administration already protects immigrants at the university. However students demand a clearer answer and for Subbaswam to say Amherst is a sanctuary campus.

## The Student Government Association's Executive Board: A Profile Series

### Brendan McKee

#### Sandra Mercer

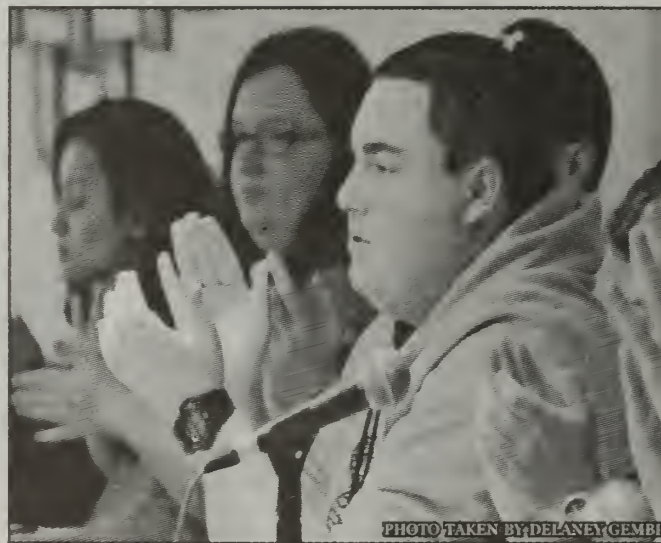
Head Copy Editor

*The Student Government Association's executive board consists of eight Westfield State University students dedicated to the embetterment of the campus community. These eight people spend countless unpaid hours working toward creating a more inclusive, productive, and efficient university. In an eight-week profile series, these students will be highlighted by documenting their lives before, during, and after Westfield State.*

**Brendan McKee is one of** those people who just seems to know everyone. No matter where he goes on campus, he is bound to know someone. His pristine people skills and outgoing personality are just two of the many qualities Brendan possesses that make him the perfect person to be our Vice President of Student Life. Brendan grew up in the small town of Sharon, MA. Growing up, Brendan was a fun-loving, outgoing kid.

"I was very extroverted. Sometimes it was challenging for my teachers because I talked a lot in class," Brendan joked.

In high school, Brendan's main extracurricular focus was sports, though he did sit on a few committees throughout his tenure. Most notably though, Brendan tried to bridge the social gaps of a high school setting. He worked diligently to try and make the transition from middle school to high school easier for the incoming freshman of Sharon. He wanted all students to feel more comfortable, especially when moving from eighth grade to ninth. Brendan says he's changed a bit since he's come to



college.

"I've matured a lot," he said. "I'm more focused on academics now. I wasn't the worst student in high school, but I definitely didn't apply myself as much as I should have."

Though Brendan's academic priorities may have shifted, his true passion for making those around him more comfortable remains. "I still try to take my time to be very social with people, get to know people, allow them to use me as a resource, as a friend. Whatever they need really," he said. Brendan's journey to Westfield came with a tinge of humor.

He applied to a bunch of different schools and got into a handful of them. When it came time to visit Westfield for Accepted Student Nurses Day, he accidentally showed up the day before. This ended up working in his favor though, as Brendan got a better opportunity to explore the campus on his own—even if his Mom was a little upset with him for getting the date wrong.

"What really sold me the most was that I was just a perspective student and all the people around me were super friendly and said hello. The community really stood out to me," he said. "That day I put my deposit down, and I don't regret it at all."

As many know, nursing is one of the hardest majors that is offered here at Westfield—if not the hardest major. Brendan wanted to become a nurse because of all the wonderful nurses he'd encountered throughout his life; he noted how friendly and helpful they all were any time a family member had a health issue.

He guided his high school curriculum around the health sciences in the hope that one day he may go to nursing school. On top of an already rigorous course load and a clinical rotation, Brendan is—unsurprisingly—heavily involved on campus. Brendan serves on several committees, including the rules and regulations committee, the finance committee, the student

appeals committee, and the search committee for the VP of enrollment management.

He is also on the Campus Activities Board, chairs the student affairs committee, and is the president of RHA. Easy enough, right? One of Brendan's most important roles at Westfield, however, is his role as the Vice President of Student Life.

"My job is to oversee student interests and to work on providing students with the best Westfield State experience they can have, and finding ways to make campus more beneficial for all," he said.

"The big this is just hearing from student what they want and trying to apply that in this room [SGA] and administration." In terms of who Brendan works for, his answer was simple: the students. "When it all comes down to it, I definitely work for students," he said. "My position wouldn't be a position if I didn't represent students. There'd be no point in having a position. I want every student to have the opportunity to enjoy campus and get involved in some capacity, like I did." Brendan decided to run for VP of Student Life for the opportunity to work more closely with the students here at Westfield.

"The biggest thing that really drives me in college other than academics is the opportunity to give all student here the chance to get involved, let their voices be heard," he said. "I'm so student-driven that it fits me very well and I'd do anything to try and make student life more fun and beneficial for everyone here."

Brendan says that the most rewarding part of his job is

see MERCER on page 14



# Santa Claus is coming to campus

## From news release

**WESTFIELD-** Presented by the Westfield State Foundation and the Westfield State Circle K Club, Westfield State University's annual Breakfast with Santa event is back for its 33rd year on Saturday, December 3. The event will be held in Scanlon Banquet Hall with two seatings: 8:30 a.m. and 10:30 a.m.

In the three decades that Westfield State has hosted the event, almost all have been sell-outs. Along with breakfast, admission includes face painting, a gift for each child, and entertainment by the Melha clowns from Shriners Hospital. Photos can be purchased for an additional fee and a raffle will be held during the event.

Tickets are \$7 for children and \$9 for



*Members of the Westfield State Circle K Club volunteer at last year's Breakfast with Santa event.*

adults. Children age three and under can attend for free, but will not receive a gift from Santa or a seat without a ticket.

Tickets will be sold exclusively online at [http://www.westfield.](http://www.westfield.ma.edu/tickets)

[ma.edu/tickets](http://www.westfield.ma.edu/tickets). The snow date is Sunday, December 4.

Student members of Circle K will volunteer at the event along with members of the Westfield State Foundation. Breakfast with Santa

proceeds benefit Circle K charities including local senior citizen home visits, the New England Pediatric Trauma Institute (Boston and Hartford) and the Paul Newman "Hole in the Wall Gang" organiza-

tion, which sponsors terminally ill children for summer camp.

"Breakfast with Santa is important to both the City of Westfield and the university because the event brings the two communities together and is something that both communities look forward to year after year," said Molly Goslin, Circle K vice president and elementary education major.

Circle K is a campus community service organization sponsored by the Kiwanis Club of Westfield and the Student Government Association of Westfield State University.

This year, the breakfast is sponsored by MedExpress Urgent Care, Easthampton Savings Bank, and the Westfield News with additional donations from Westfield Bank and the Kiwanis Club of Westfield.

*Do you write papers and essays  
for class?*

*Do you write in any form?*

*Are your open letters just not open enough?*

*Then you should write for The  
Westfield Voice!*



# from the voice vault

This article was published in the November 1, 1982 issue of The Westfield State Owl

## Senate Proposes Academic Appeals Board

By Janet Kulpinski

The Student Senate held its weekly meeting Tuesday night, and discussed several campus issues and upcoming events.

Student Life reported on the completion of arrangements for a memorial service and dedication ceremony for Billy Proust, a member of the Junior class who was tragically killed in a construction accident earlier this summer. On Sunday, November 7, a memorial service will be performed by Father Dean at 12 noon. A plaque in Proust's memory will then be presented to the Interfaith Center by President

Pilecki, as is the custom in such instances. Pilecki and selected students will then attend a luncheon for the Proust family.

Freshman Class President Jill Whyte reported success in the pom-pom business, the class' first fund-raising event of the year. Pom-poms will continue to be sold at athletic events until the supply runs out. Jill also announced the first class meeting as being Monday, Nov. 1.

Sophomore Class President Joe Spinzola had some interesting updated information on the class' celebrity auction held in early October. The girl to whom an item of Ted Knight's was sold wrote to

the actor to thank him for his generosity. Knight wrote back, and requested that a Westfield State sweatshirt be added to his already-ample collection of university sweatshirts, an item of which is worn by the actor on his CBS hit "Too Close for Comfort" every week. Once the sweatshirt is received, Knight will inform the college what episode he will wear the shirt in. On that date, a "Westfield State Night" of some sort will take place on campus. Details will be given once they are worked out.

OWL Editor-in-Chief Chip Crowley moved that Senate allow an additional \$2000 to the paper so that it may maintain its weekly

publication. Crowley said the paper is currently on a bi-weekly publication budget of \$560 per issue, and that so far each issue has cost \$590. "Obviously," said Crowley, "we cannot continue without more money; we'll be budget-less by the end of the semester." In making his case to the Senate, Crowley pointed out that the OWL is an organization that benefits the entire student body, in that it is reliable and provides useful information about what occurs on campus. When Crowley spoke to the Senate, the Budget Committee had already tabled his request for two weeks, during which time Crowley is to exhaust all other possibilities of

funding sources. Based upon this, the Senate decided to table the motion for two weeks to see if something outside of Senate might be done for fund allocation.

The most-discussed issue in Senate was the proposal for an Academic Appeals Board, the outline of which will be sent to the All College Council and Academic Policies Committee for approval. After much debate on one of the proposal's points concerning the power of the Board to make any grade changes final, the Senate closed debate and voted to approve the proposal as written. More information will be provided on the proposal as it continues its way through the school's system.

## gail's guidance

Dear Gail,

There's only three weeks left of school and all of my slacking off is catching up with me. I currently have a D- in one of my classes and I need to get it up to a B or I'm in big trouble. Do you have any advice to help make me feel a little more confident?

-Stressed Out Slacker

Dear Stressed Out Slacker,

I think just about every student on campus can relate to your problem (minus the ones that actually have their lives together). First off, take a deep breath; you still have two more weeks to be in denial, which is good news. Make sure that you're aware of all your upcoming assignments and get closer with the smart kids. It never hurts to buy your professor a plant (or a puppy????) Just kidding (kind of). Make sure that you are taking time to actually study for quizzes and tests, and not just doing a quick skim ten minutes before class. Drinking less would probably be a good decision too, but we'll focus on the more realistic options. You CAN do this: you is smart, you is kind, you is important.

-Ya girl Gail



CAREER CENTER, ALUMNI RELATIONS AND  
ACADEMIC AFFAIRS

*Present*

Life Sciences  
Professional Networking Night  
Tuesday, December 6th, 2016  
Scanlon Banquet Hall 5:30–7:30pm



Westfield  
STATE UNIVERSITY



# opinions & editorials

FRIDAY, DECEMBER 2, 2016

## A Dangerous Perception

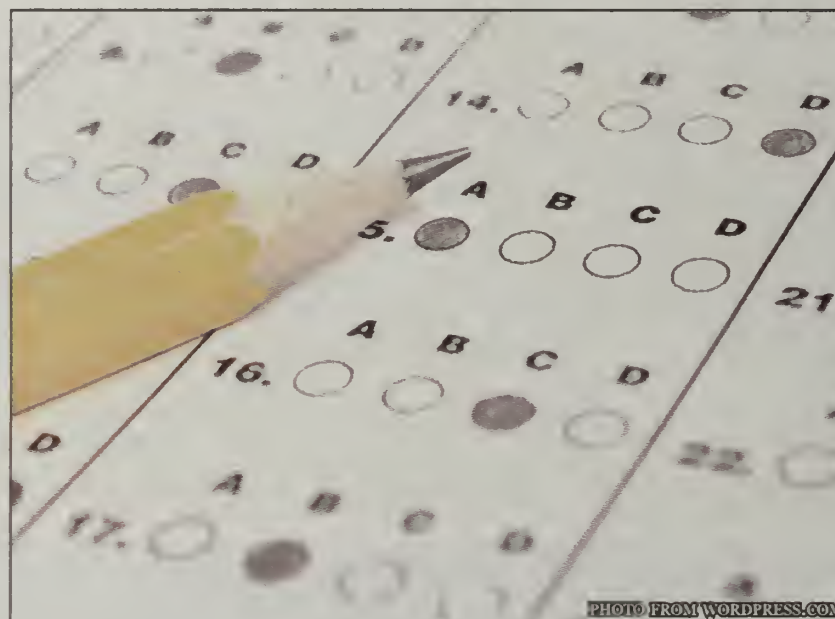
**Nathan Godard**

*Op-Ed Editor*

There is a perception that is alive on campus that is troubling to me. It is a mindset that I see in many of my fellow students, including my close friends and colleagues. This perception is that they are trying to “survive the semester.” There is no doubt that college, especially during this time of the year, can be incredibly stressful; however, I have recognized this mindset even during the beginning of the semester.

This mindset is not focused on cultivating knowledge and understanding on the subject. Rather, it is focused on the number the student is “rewarded” or “reprimanded” with after every assessment, and ultimately the final number the student is given at the close of the class. These numbers—or grades—are a representation of one’s performance, so passing is all that matters to many students.

This is an unhealthy mindset for it renders the assessments useless. If the student is so focused on and afraid of “not passing,” and the only motivating factor is the number the student is given at the end of the course, then the student has learned nothing. The student will probably do well on the test or exam, but



two weeks after the exam, that “knowledge” is gone. This is because the student is given no reason to invest themselves in the class other than the threat of a “bad grade,” which will hurt their GPA.

The question, I suppose, is whether or not it is the teacher’s role to give the student that reason, or whether or not it is the student’s responsibility to motivate themselves. Either way, I believe it is due to the linked system of high schools attempting to emulate the college classroom experience.

Students don’t see as much of a transition in class structure when they find themselves in college, therefore the mentality for how they can ride the wave of the system

doesn’t change. They are given no reason to change because the mentality that high schools reinforce is to pass standardized tests that are given far too much weight in determining the student’s intelligence and the school’s effectiveness.

These standardized tests are among the main reasons why this mentality of “survival” is so prevalent; it is the assessment that is given the most attention, rather than the critical engagement with the subject matter. This carries over into higher education, and students have a tendency to go through the motions, the set course of college and of classes, focused on getting adequate grades rather than working understanding of your field of choice.

Believe it or not, it is possible to earn a decent grade in a class and come away without any real knowledge. This is due to the mentality that standardized tests in high school reinforce: that you take the test and move on. You say the right amount of buzzwords in an essay with a simple five paragraph format and you move on.

You memorize the answers that you know the instructor will want from you rather than critically engaging with the subject matter and coming to the same or similar conclusion that your instructor is looking for in an answer. It is truly unfortunate because this mindset does not transpose successfully to “real life” and in the workforce.

In the workforce you must be able to think critically and think of new answers to the same questions that inevitably will be placed before you. Standard answers are not enough in the workforce no matter the field, and unfortunately, this is what is being unintentionally reinforced in our places of education today.

When a student pays for their tuition to college, they are not paying for a test. They are paying for an education. I hope that many of my fellow students would come to understand that.



# On Senior Year...

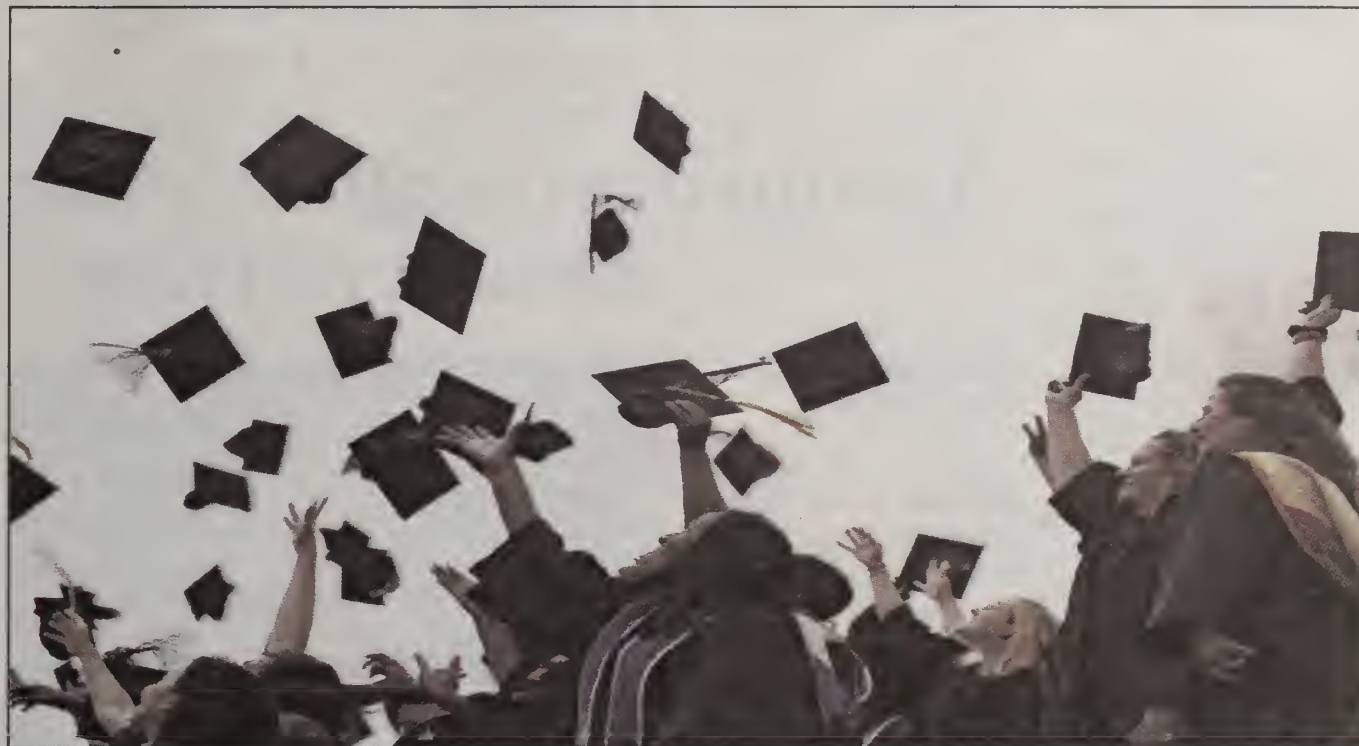
**Sarah Rayner**  
Voice Columnist

There are certain moments in a person's life when the opportunity arises to look back on a long journey in hindsight, and with clear eyes. I realized that I was experiencing one of these moments as I finalized the schedule of the last academic semester of my undergraduate studies.

It was the fall of 2013; I was seventeen when I first entered Westfield State. I was ecstatic to live away from home and motivated to find my passion and carve out a place for myself in the "real world." I came in starry-eyed and undeclared, hoping to embark on the experience of a lifetime.

Despite how many upperclassmen had warned me about how fast the eight semesters of college would fly by, the spring of 2017 seemed like a distant horizon. As I copied down the logistics of my final list of courses, I began to register that this horizon was not so distant anymore.

Rather, it seemed like it was impending. I'm sure that I'm the only senior who has felt this way while staring



down their last semester in college. Like the majority of students, my time in college had its challenges.

I certainly would not like to take 42 more classes. However, I know that I definitely do not have senioritis. It is becoming increasingly clearer to me that the seventeen-year-old version of myself did not understand the implications of what graduating from college actually means.

I often use humor when describing what it feels like when you realize that you're about to complete your degree. In the back of one of my notebooks, there is a crude drawing of me

peering over the edge of a high diving board into a shark-infested pool while the people in line behind me creep closer and closer, as if to imply that it is my turn to dive in.

At this moment in time, I can't even imagine what it might feel like to take that leap of faith. A few close friends of mine took the plunge after graduating from Westfield last spring.

I admire them for their resolve in tackling the job search of epic proportions, the student loans that are no longer a figment of their imaginations, and for some, the challenges of graduate school or

the very first job of their career. I am thankful for their guidance to no end, and can only hope that I can say that I survived this change in a similar fashion if I should ever find this article lying around years down the line.

I am sure that most if not all seniors would join me in saying that we have been afforded an extreme privilege in being able to have the opportunity to receive a higher education. To any of my fellow seniors who may be reading this, I hope that this education will take you higher and higher in life.

To any underclassmen may be reading

this as well: it is never too early to begin to prepare to dive into the real world. Don't let anything or anyone stand in the way of your dreams. As I think further about the fast approaching future, I recognize that maybe my close alumni friends never took a plunge at all.

Perhaps they just kept on climbing. I would like to think that the "plunge" is just an illusion as long as we keep ascending the ladder rung by rung in pursuit of our goals.

I hope that we all continue to reach new heights, even when our time at Westfield is completed.

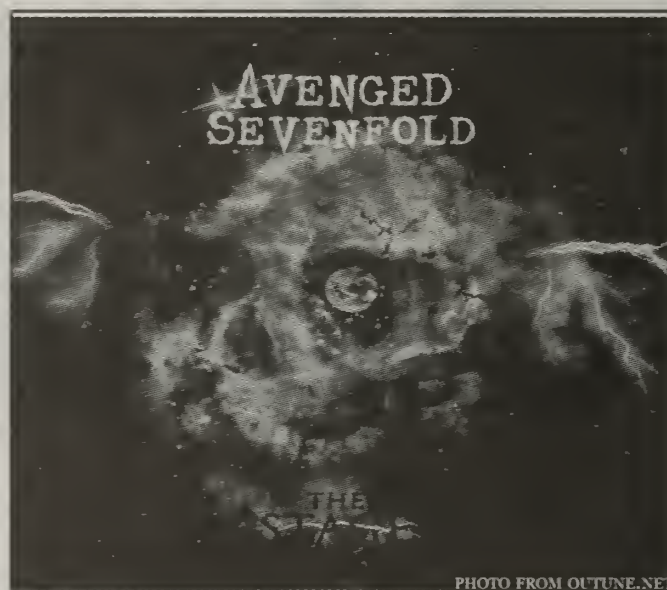


# arts & entertainment

FRIDAY, DECEMBER 2, 2016

## Avenged Sevenfold's "The Stage" Album Review

**Mike Stender**  
*Voice Columnist*



Let me back track for a minute. A few weeks ago I did a review of the album's first single "The Stage" and gave my honest thoughts on it. I also said that the full album would be released early December of 2016. Well, the album was released as a surprise on Oct. 28 instead.

I was shocked yet excited since I am a fan of the band. I began to listen to the album via Spotify and hoped that the band would try to approach the music differently than their last album, "Hail to the King."

I was pleased with what I was hearing after I got past the opening title track. According to the bands rhythm guitarist Zacky Vengeance, "the theme of the album has to do with

artificial intelligence and the future of mankind; it's very agro."

With this theme in mind I was happy to see the band trying to expand their boundaries and write about subjects that were personal to them. The song I enjoyed most on the album is called "God Damn."

This is classic Avenged Sevenfold at its finest! It has a fast thrash metal riff to it with vocalist M. Shadows delivering some powerful and thought-

provoking lyrics. The song's theme is about being deceived by the propaganda that surrounds us. Clearly with this year's election in mind I believe the band is saying that there will be chaos no matter what party you associate yourself with.

Another standout track would be "Paradigm." This song is slightly slower than "God Damn," but delivers the same amount of power in the chorus.

It almost sounds like it belongs on their critically acclaimed album "City of Evil" from 2005.

Overall, I highly enjoyed this album. It sounded like classic Avenged Sevenfold but with a new sound that they can call their own. It reminded me of their albums "City of Evil" and "The White Album," which happen to be my two favorite releases by the band.

The band is touring Europe next year with U.S. dates rumored to be announced in the near future.

I will be sure to attend one of these shows if they make a stop in the Northeast. As for "The Stage" I give it 4 stars out of 5, and welcome back Avenged Sevenfold from their long hiatus. I can't wait to see what they will do to shock us next.

as of Nov. 30, 2016

### Top 10 singles

1. Black Beatles – Rae Sremmurd Ft. Gucci Mane
2. 24K Magic – Bruno Mars
3. Starboy – The Weeknd ft Daft Punk
4. Don't Wanna Know – Maroon 5 Ft. Kendrick Lamar
5. Rockabye – Clean Bandit Ft. Sean Paul & Anne-Marie
6. Closer- The Chainsmokers Ft. Halsey
7. Side to Side – Ariana Grande Ft. Nicki Minaj
8. Say You Won't Let Go – James Arthur
9. Let Me Love You - DJ Snake Ft. Justin Bieber
10. Shout Out To My Ex – Little Mix

### Top 5 Albums

1. Hardwired...To Self-Destruct – Metallica
2. 24K Magic – Bruno Mars
3. The Weight Of These Wings – Miranda Lambert
4. A Pentatonix Christmas – Pentatonix
5. We Got It From Here...Thank You 4 Your Service – A Tribe Called Quest.

### Top 5 Movies

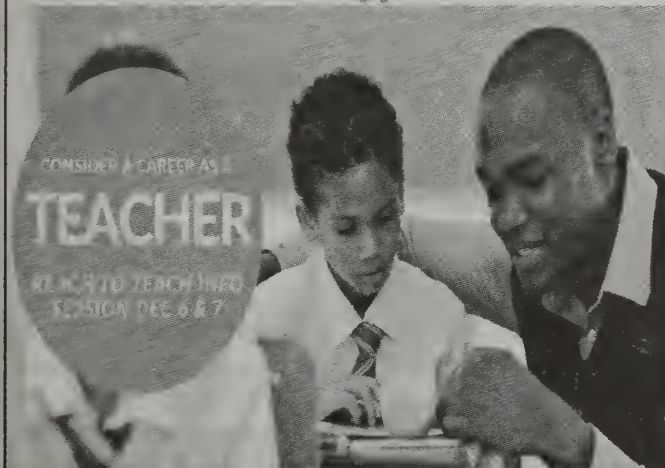
1. Moana
2. Fantastic Beasts and Where to Find Them
3. Doctor Strange
4. Allied
5. Arrival

### Upcoming DVDs

1. Kicks
2. The Secret Life of Pets
3. Jason Bourne



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or call her at (978) 944-7804You can also call Professor Brewster at 572-5332 and leave your  
name, address, and phone number where you can be reached.

Prices are negotiated based on lawn size.

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The objective student press of Westfield State University

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# lifestyle health & wellness

FRIDAY, DECEMBER 2, 2016

## The importance of trigger warnings

**Elizabeth LaBruna**  
Copy Editor

**Trigger** warnings are feeling very misunderstood: do professors really understand what a trigger warning is and does, and what form should they take if they are being used? Imagine your surprise when you sit down in class and the professors has the word "sexual assault" written down on the board.

You look around and either no one has noticed or everyone has chosen to ignore it because these words mean almost nothing to them. But you start to feel faint. The room is starting to close in on you.

You start to hyperventilate and can immediately feel all eyes on you. You run to the bathroom and sit on the floor with your head between your knees. Why didn't she warn you?

This student could have had some trauma involving sexual assault, and of course the teach-

er doesn't know, but she could have given the class a warning about what they would be talking about in an email or previous class time. This is called a trigger warning.

They are meant for students who have anxiety or trauma with a certain subject such as sexual assault, race, military combat, and abuse: topics that can produce a lot of emotion in a classroom.

In a New York Times article by Kate Manne titled "Why I Use Trigger Warnings" she talks about the criticism surrounding trigger warnings and what they really are.

"Professors who have adopted the practice of alerting their students to potentially disturbing content in a text or class are being accused of coddling millennials. And the students who request them are being called 'infantile,' or worse," said Manne.

The ones that are backing up these



accusations don't seem to understand what trigger warnings do: give notice to the students that might find these subjects hard so that they can prepare themselves for that.

It is not an excuse for them to not do the assignment or skip that next class. If they were to do this, it would not help anything at all.

Not only would they be getting an absence and a 0 for participation that day, they would also be making their anxiety worse than it was originally.

Dr. Suzanna Adams, the Associate Director of the Counseling Center

tells her students that she counsels that you can't just avoid the issue that you are struggling with.

"It's like pushing on a pendulum and it comes back and it hits you even harder," said Adams.

"You may need to get up and take a break for a moment and then come back, you may find that you want to sit in the back of the class because you don't want people looking at you...but it actually doesn't help you with trauma and with anxiety to just remove yourself from any situation that's going to cause distress or discom-

fort."

This is when trigger warnings could help a student because they would have the opportunity to face their anxiety without being completely blindsided by it. To make sure that students are not blindsided to these topics, what form should they take?

Should they be mentioned in the course description so students can decide whether or not they want to talk this class? Or, will this prompt them to just not take the course?

Adams believes that this could be helpful for the students because they can then go see the professor on their own time to ask what they meant in their description.

"Then the professor can have a conversation about that. I would ask you to take care of yourself however you can. You can do accommodations, it's not like all or nothing," said Adams. You would never be

encouraged to not take the course.

You would, however, be encouraged to face your anxieties and see what you can handle. If you need to sit in the back, not make eye contact, or leave to get yourself together and then come back, then that's completely okay.

There are still many questions regarding trigger warnings that still need to be answered. For example, should trigger warnings be mandatory if you plan on teaching a class with material that might upset your students?

I personally don't think they should be mandatory, but I think they should definitely be encouraged. When educators realize what trigger warnings actually do for students I think they will agree.

Us millennials are not asking to be coddled; we are just asking for a disclaimer and some courtesy.



# Earthworms: small creatures with a big impact

**Mileny Campos**

*Voice Contributor*

**Scientific Name:** *lumbricus terrestris* **Life Span:** 6 years **Diet:** Herbivores **Extinction Status:** Vulnerable Most of us would love to have worms completely disappear from our Earth, because who doesn't find them utterly gross? They are always surrounding our front steps in the spring and you just cannot get away from them no matter how hard you try.

Come on. Do they really have that much of an importance on our Earth? The answer is yes! Worms play one of the biggest roles in maintaining the productivity of our Earth's soils.

Without our slippery earthworms, we would have a really hard time growing our crops all year around. Getting rid of these worms would impact our everyday diets like our fruits, vegeta-



PHOTO FROM QUOTESGRAM

bles, and meats.

These little slimy creatures have one of the most important jobs: maintaining homeostasis in our Earth's ground. Our little earthworms are able to improve water infiltration in soil by making small pathways in the soil to be used as points of entry for water

into the depths of the soil.

Without these pathways—known as soil porosity—that our earthworms create, water cannot filtrate into the soil and it remains above ground.

The seeds planted will not be able to pick up and absorb any water for their growth underground. What

a waste of seeds! A worm's job doesn't end there! Earthworms are also popularly known to improve the soils aeration by eating the dead leaves left around the ground. When the worms eat dead organic material, they are able to recycle the nutrients from the leaves back into the soil to help

the plants that have been planted in that soil to get the nutrients they need to grow healthily.

By returning these nutrients back into the soil, earthworms are also able to help restore the soil's pH balance. How can those tiny creatures do all of this you might ask? An earthworm's body is designed to be able to contract and release, allowing them to move through the soil.

While they are moving through the soil and breaking it apart, they are creating holes that help prevent flooding of the land while at the same time allowing for the release and intake of oxygen into the soil. So next time you find an earthworm, don't get grossed out by their slimy, contracting bodies.

Instead, remember their importance to our Earth

*see CAMPOS on page 14*

## Forget Dieting, Try Mindful Eating!

**Emelia McCarron**

*Voice Contributor*

**I hate to break it to you,** but diets simply do not work. If you think about it, diets have been around for a very long time. One dietary fad will replace the old one, which will then be replaced by another one and then another one.

I think you get the point. If one diet worked, then everyone would be doing it and everyone would be thin. Unfortunately, that is not the case. We all have a "set point" weight, which is a range of 10-15 pounds that our body considers to be our normal weight at that time. Our bodies will do everything in their power to keep us at that normal weight. Sandra Aamodt, a neuroscientist, compared

our "set point" weight to a thermostat, saying that "you can try to change the temperature in your house by opening a window in the winter, but that's not going to change the temperature on the thermostat."

Our body's "set point" weight is like the temperature on our thermostat in our house, so even if we lose weight, our "set point" weight will still stay the same and our bodies will "kick on the heat" to bring it back to normal. In fact, someone can successfully diet for 7 years and their "set point" weight still won't lower.

So, since diets almost always fail, dieting leads to frustration, shame, or—even worse—depression or eating disorders, why do we do this to ourselves? Why are 80%

of girls in the United States on diets since they were 10 years old? Maybe because dieting is all we know and hear about. People will tell you to exercise more, not to eat sugar or carbs or fat, and blah, blah, blah. Wouldn't it be nice if someone told you to eat when you are hungry and to just relax around food?

Well, that's what I am going to tell you. Welcome to this new term and lifestyle called "mindful eating!" How to Turn Mindless Eating Into Mindful Eating. According to the Center of Mindful Eating, mindfulness is "deliberately paying attention, non-judgmentally, in the present moment."

Many of us eat mindlessly, which means we do not realize how much we are eating, why we are eating, how

good it tastes, etc. Little do we know that the amount of food that we eat is largely because of what's around us and not because of how hungry we are.

Brian Wansink, PH.D. mentioned a study in his book, "Mindless Eating." The study said that those given 1/2 pound bag of M&Ms ate an average of 71 M&Ms and those given a 1 pound bag ate an average of 137 M&Ms, which is about twice as many and 264 calories more. Having a larger package of food and eating more because of it is just one example of something that influences how much we eat.

We all love to binge watch Netflix while eating popcorn or some other yummy snack, am I right? Something like watching Netflix,

however, can cause us to be distracted and not know how much we are eating until we look down and the bowl is empty. Therefore, we need to be mindful when we are eating and learn to remove the cues that cause us to overeat. People who eat mindfully are aware of the positive and nurturing benefits in their food selection. Mindful eaters enjoy their food more and also know when to stop when they are full, which sounds way better than dieting if you ask me.

Believe it or not, being a mindful eater can prevent weight gain, whereas dieting and stress can cause weight gain. Eventually, after practicing mindful eating, you will feel more comfortable

*see McCarron on page 14*



# owls athletics

FRIDAY, DECEMBER 2, 2016

## Men's basketball face tough competition

**Tim Jaroche**

Sports Editor

Just before the Thanksgiving break the Westfield State men's basketball team competed in the Rick Martin Holiday Inn Express tournament. This tournament took place at Westfield and is held every year in honor of Rick Martin who was a part of the 2003 men's basketball team before he passed away that same year.

The first game of the tournament for Westfield was against Mount Ida. Westfield hit the gas early and wouldn't let go at any point in the game. Mount Ida saw two leads in the first five minutes by one point each before Westfield took over.

With eight minutes remaining in the first quarter, Junior Austin Joseph knocked down a three pointer to give Westfield its first double-digit lead of the night, putting them up 24-12.

For the rest of the half, Westfield remained on top by at least double digits. In the second half, Westfield kept up the energy and saw the lead dip to nine points before refocusing and three straight three pointers by Westfield's Cam Earle.

Earle contributed to the 60 percent shooting



from behind the arc in the second half with help from Jesus Sanchez and Allister Williams. The team also shot an impressive 56 percent from the field on 17-30 shooting, not allowing Mount Ida to gain any momentum. By the end of the game the score was 91-65, a runaway victory for the Owls.

In the tournament championship, Westfield took the court against Ramapo after beating Colby-Sawyer 72-66 in the first round. Ramapo would turn out to be a much more evenly matched opponent than Mount Ida.

After eight hard-fought minutes of back

and forth basketball, the score was tied at 14. For the rest of the half the Owls would struggle to slow Ramapo down. At halftime Ramapo was up 45-32.

The Owls three-point shooting hurt them in the first half, going 2-13, not as hot as their previous. For most of the second half Ramapo kept their lead at double digits before Westfield buckled down and narrowed it to seven points on a Cam Earle three pointer.

The closest Westfield got was down six points before Ramapo broke the game open again and continuously increased their lead throughout

the rest of the game. The Owls second half shooting improved from three and remained almost exactly the same from the field, shooting 14-33 in the first half and 12-33 in the second half. Westfield fought to keep the game close, but wasn't able to close the gap at any point. The final score was 79-66.

Since the Rick Martin tournament Westfield has played two games, losing both of them to non-division opponents. Last Tuesday they played Nichols College on the road in a high scoring affair. At halftime the score was 71-35, and in the second half Westfield outscored Nichols 55-46.

The final score was an NBA-like 117-90. This Tuesday they hit the road, playing at Amherst College where they were similarly outscored in the first half 45-22. Digging themselves out of a hole in the second half they matched

Amherst, scoring 37 to their 39. This wasn't enough to erase the first half deficit and they ended up losing 84-59. Hopefully they can refocus and get a win at home this Thursday against Western Connecticut State.

They have seven more games before they start conference play against Fitchburg State on Jan. 4.



# Valley Scores 1000th as Owls Outgun Warriors

## From WSU Athletics

She took care of that item of business in the first half and exploded for a career-high 35 points to lead Westfield State to a 101-94 win over Eastern Connecticut State in a non-conference women's basketball game between two of the top Division III programs in New England at Westfield State's Woodward Center in front of a loud partisan crowd, many of whom had come out to see Valley's big night.

"It wasn't the entire population of Orange, but a lot of people came to the game," said Valley.

What they saw was also another bit of history, as the two teams combined 195 points to make it the highest-scoring combined score for two teams in Westfield State women's basketball history.

"It was probably one of the most fun games I had ever played in," said Valley, who's high school career high was 32 points. She had scored 30 points in a collegiate game twice already this season.

Valley netted her 1000th point of a quick crossover dribble and drive for a layup with 8:51 left in the second quarter.

"I was excited [about the chance to get her 1000th point]," said Valley. "But I was more nervous about losing than scoring the 1000 points. I was glad it was over with, because I felt relieved, but I was just having fun the whole game. I wanted to win; that's all I cared about."

The 35-point game is tied for the second-high-



est individual total in a game in Westfield State history. Only Dorothy Rickus' 42-point game in the 1974-75 season exceeded Valley's output. Rickus twice netted 35 in a game, and the only Owl who had that many points since was Bev Carter, who matched that mark in 1976.

"Jill played so well, and hit so many clutch shots at clutch times for us," said Westfield State head coach Andrea Bertini. "Big free throws, finishes in the paint, the three-pointer off a screen – she was the run stopper. It seemed like she was always the one hitting a big shot."

Westfield led 29-18 at the end of the first quarter, and 51-39 at the half. The Warriors kept the game close throughout the second half cutting the lead to as few as four, on a pair of free throws by Jordan Nappi (Mercy/Southington, Conn.) with 8:14 left

in the third quarter, but the Owls stretched their lead back to as many as 15 with a three-pointer from Alyssa Darling (Palmer, Mass.) with 3:05 left in the quarter to give Westfield a 74-59 advantage.

Three times in the fourth quarter eastern got the lead down to as few as six points, the last on a Lexis Foster (RE Fitch/Groton, Conn.) layup with 5:01 to play, but Valley answered as she did throughout the contest with a layup 40 seconds later to stretch the lead back to eight points, 92-84, and the Warriors would get no closer.

"Honestly, I kept looking at the score and I wasn't comfortable with our lead," said Valley. "So I just kept going to the hoop and it was going in so I kept doing that."

Valley finished 13-22 from the floor, 2-4 from three-point range and 7-8 from the foul line. She added seven rebounds, six

steals and three assists in an eye-popping stat line.

Valley becomes the 15th player in Owls history to reach the 1,000 point plateau and moves into 14th place on the school's career scoring list with 1,024 points after tonight's game. 2016 Owls' graduate Forbasaw Nkamebo was the last Westfield State player to reach the milestone just last season.

Valley joins her coach, Andrea Bertini '96 in the 1,000 point club. Westfield State Athletic Hall of Famer Amanda Braden '98 is the Owls' all-time leading scorer with 1,526 points.

"Jill has been playing tremendous this season," said Bertini. "She's the purest scorer I have ever had as a coach, and probably that I played with, either. She doesn't have an offensive weakness to her game – she can shoot, she can drive, she can use either hand, and she's our

best three-point shooter, and it's because she works so hard on her game."

Junior center Rebecca Sapuckey (Granby HS/Chicopee, Mass.) added 11 points and grabbed seven rebounds for Westfield, with sophomore forward Kierra McCarthy (Ludlow, Mass.) adding 10 points and five rebounds.

"It was a complete and total team effort as we contributions from so many people tonight," said Bertini, who used all 18 players on her roster and saw 12 different Owls score.

"I really enjoyed it," laughed Bertini about the competitive high-scoring game. "It was fun, it was certainly stressful and some highs and lows in the game. I felt like we were finally running at a faster pace today, we finally figured out how hard we can go and how fast we can play – and we still missed some layups, we still aren't executing in the half court as well I'd like, but that being said I can't complain about scoring 101 points."

Westfield State improves to 4-1 with the win, while Eastern Connecticut drops to 3-1.

Eastern Connecticut had six players score in double-figures, led by 18 points and six rebounds from Nappi. Foster added 15 points and a game-high 13 rebounds.

The Warriors finished with 21 assists on their 29 buckets, but were forced into 31 turnovers by the Owls full court pressure defense, as Westfield came away with 20 steals on the night.



from **CAMPOS** on page 11

and our food sources. Give them a little tap on the back or even thank them for their amazing job at keeping our Earth's soil fertile for our foods to grow in. They might be little creatures that most of us tend to forget about, but they have one of the most important jobs on this Earth. Without them, our nation's agriculture would be wiped out.

So, thank you worms and keep up the good work! Where can you purchase these tiny slimy creatures you ask? Your best option to get the freshest worms around is at your local bait shop.

They will contain hundreds of these little creatures that you will get to see up close and pick out the ones you prefer. Bait shops carry a variety of different earthworms for different purposes so just look around or ask! Another great place to purchase worms of any kind is online.

You are able to browse through many different websites and check out all the varieties they offer and their prices for the one that would be the best match for you. Another great location for purchasing worms is at your local farm! This is a great place to get involved with your community and see these wigglers in action!

Small or big farms both contain worms in their soil and they usually tend to sell them at great prices to their local buyers, so go give it a shot! No matter if it's buying these wiggly creatures for your own garden or maybe for a school project if you are a teacher or parent, kids will love getting this hands on experience with the worms!

**Fun Facts:** Earthworms have no ears or eyes. They breathe through their skin. The largest earthworm is 22 feet long. Worms can crawl forwards and backwards.

from **MCCARRON** on page 11

around food, which is how we should all feel because food is such an amazing and huge part of our lives. Tips for Mindful Eating (Recommended by Wynne Armand, MD) Before eating reflect on how you feel.

Are you hungry? Are you stressed, sad, or bored? What do you want to eat? How will you eat it? Sit down and fully appreciate your meal. Sitting down is better than eating on the run. Turn off the TV or any other distractions.

Like the Netflix example above, eating with distractions may cause you to finish your food without even realizing it or fully enjoying it. Serve out your proportions rather than eating straight from a bag, box, etc. Doing this will allow you to see how much you ate.

Use a smaller plate. Having a smaller plate will allow you to not overeat because, let's face it, we usually tend to finish everything on our plate if it tastes good. Give thanks and appreciate whoever helped prepare or provide you with your food. Put down your utensils once in a while.

Finish every bite before starting another one. You don't always have to finish everything on your plate. If you are full, don't overeat. You can always have leftovers. Try eating in silence once in a while. Focus on really thinking about your food and fully appreciating it.

from **MERCER** on page 11

making changes and seeing how those changes apply to the campus. Though he says it is still early to really sit down and evaluate all of the changes that have been made, Brendan says that it's seeing students be passionate about their efforts to make the campus a better place that really makes the job worth it. He hopes that this continues in the future.

Brendan notes that the most challenging part of his job is working out the best long-term solutions for the problems that

arise, so that it may benefit everyone.

"It's nice to see change and at the same time it's very difficult to create beneficial change all the time," he said. "It's a hard process, but it's extremely rewarding." Brendan says that when he was the executive secretary on the SGA executive board last year, there was not as much participation on campus as he would have like to have seen.

"There's plenty of students out here who are silent about things they see and what they want to see. It's hard representing all the students when you're not hearing all the students, because I'd love to make campus great for everybody," Brendan said.

"It's definitely difficult to make change for over 5,000 students that go here when you're not hearing from all 5,000." Brendan's love for SGA stems from the motivation his fellow students bring to the table. He notes their dedication to the school, and how their commitment to their positions really inspires him.

"It's a bunch of students who are just as motivated as I am to make a change on campus. The students here are some of the most hard working students I've ever seen, really." What does Brendan love about Westfield State in general? "The fact that you can walk by somebody you've never seen before in your life and there's a positive embrace," he said. "The community here is awesome. People here are very accepting of what others do. It's why I came here." What does Brendan want people to know about him?

"That my doors always open, that I'm willing to talk about anything I understand how difficult college life—college and life—are, and I'm always willing to talk to anyone," he said. "It's not easy to get through these four years alone"

Brendan also wants people to know that he genuinely wants to know what they think; he wants their input, and as much of it as possible, so that their voices may be heard. He emphasizes that just because he was elected into this position does not mean that his feelings or ideas take precedence.

"I actually like hearing complaints because it gives me something to do," he laughed. In terms of what he wants people to know about SGA in general,

Brendan wants them to know that SGA isn't a scary or exclusive place. "We may seem intimidating, and it's easy to critique a lot of what we do, but we really do have the best interests of the campus community as a whole in mind," he said.

He wants people to know that everyone on SGA is very motivated, and that they want new students to join, even if they join mid-year. "It's a great opportunity to really make a difference on campus," he said. Like many of his fellow executive board members have said in this profile series, Brendan's advice to someone considering running for an SGA position is simple: do it. "There's no reason not to.

You don't want to look back ten years from now and see all the opportunities you didn't take advantage of," he said. "I'd fully support them, regardless of what they'd run for." As for someone running for an executive board position, he acknowledged the huge time commitment. Their office hours in the cubes and committee meetings alone take up a huge chunk of time, not to mention all of their other responsibilities and the responsibilities outside of the position. "It's a great way to get involved, but time management is huge," he said.

As for someone considering running for the VP of Student Life, Brendan warns that getting a lot of input from students isn't an easy task. He would advise the person to be receptive to student issues, and really work toward getting them fixed in the best way possible. "It's the type of position where you really need to go out and find what you need to do," Brendan said. As for the future, Brendan's goals are simple. "Realistically?

I just want to graduate on time," he laughs. "Nursing is a beast of its own, and sometimes I have trouble managing nursing and all my commitments. As much as I love giving back to students, I need to do what I came here for, which is getting my degree. And everything else will fall into place after that."

Brendan hopes that after graduation he can pass his board and just become a nurse. Though he's not entirely sure which field of nursing he wants to go into just yet, he hopes that with more clinical rotations he can find his niche. Brendan's overarching philosophy about giving back to the students comes right back when I ask him who his big-

gest motivators have been. "As a whole, students have. Just seeing myself as open and wanting to be able to give everybody a good experience really motivates me," he said.

On top of the students as a whole, he highlights the efforts of the many councils, committees, and executive boards he's served on as other great motivators. Shannon Broderick, Carlton Pickron, Sue LaMontagne, and all of the SGA advisors got a shout out, too. "I've been motivated by everyone that I work with, because they all give me a reason to do what I do, and I really love what I do," he said.

There is no doubt in my mind that Brendan is one of the most hard-working and dedicated students to ever grace this campus. He truly throws himself into his work and makes sure that everything he is doing is in the students's best interests. His true passion for creating the best possible experience for all students at Westfield State shines through in everything he does, and it makes me proud to call him our VP of Student Life.

from **CAULFIELD** on page 1

will be billed \$50 and still must complete the course or face a hold on their account. She said, 1,300 students were given an email saying they were about to be billed based off the Haven tracking system saying students did not complete the course. LaMontagne stated that she estimates around 900 of the 1,300 were about to be falsely billed due to the tracking system error. She thanked the students who emailed her asking to check their completion status again in a professional manner.

Lastly, during the meeting Marissa Cremin, Community Relations and Fundraising Representative, was recognized for her dedicated work on the University's annual turkey drive. This year the drive collected \$2,463.65, which helped purchase 145 turkeys for local families in need through the Westfield Chapter of the Salvation Army. Last year 141 turkeys were purchased. The next meeting of the Student Government Association will be on Dec. 6, 2016 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.



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Public Library

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Games & Leisure Maze

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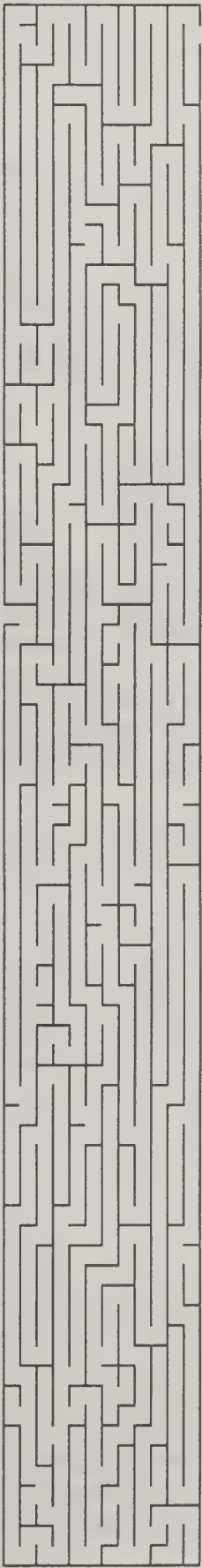
ACROSS

1. Liabilities  
6. Footnote note  
10. Jump up and down  
14. Panache  
15. Connecting point  
16. Utilized  
17. French school  
18. Swill  
19. Peel  
20. Indiscretion  
22. Rind  
23. Spanish lady  
24. Flashy  
26. Copied  
30. Pelt  
31. Dawn goddess  
32. Thorny flower  
33. Disappear gradually  
35. Relaxes  
39. Dispute  
41. Aluminum foil  
43. Piece of paper  
44. Reflected sound  
46. Forearm bone  
47. Unhappy  
49. Ancient unit of measure  
50. In order to prevent  
51. Cave  
54. Corrosive  
56. Emanation  
57. Fastidious  
63. Flaccid body fat  
64. Midmonth date  
65. Medical professional  
66. Tumbled  
67. Tidy  
68. Master of ceremonies  
69. Being  
70. Burden  
71. Flash

DOWN

1. Very intense  
2. Behold, in old Rome  
3. Coalition  
4. After-bath powder  
5. Place  
6. Suggest  
7. A strong post  
8. False god  
9. Force out  
10. Meaningful

11. Willow  
12. Agile Old World viverrine  
13. Strangely  
21. Takes off  
25. Smut  
26. Circle fragments  
27. Milne bear  
28. Feudal worker  
29. Abhorrent  
34. Philosophers  
36. Only  
37. Cans  
38. Thin strip  
40. French for "State"  
42. Classical Greek  
45. Impressive country house  
48. Mask  
51. Blooper  
52. Governs  
53. Not written exams  
55. Ridges of sand  
58. Biblical garden  
59. Chunk  
60. Killer whale  
61. End \_\_\_\_  
62. Search







## THIS WEEK'S EVENTS

| Date | Time          | Event Name                                                                                                    | Location           |
|------|---------------|---------------------------------------------------------------------------------------------------------------|--------------------|
| 12/2 | 9:30p         | Yoga — FREE!                                                                                                  | Ely Fitness Center |
| 12/3 | 8:30 & 10:30a | Breakfast with Santa! Tix available at <a href="http://Westfield.ma.edu/Tickets">Westfield.ma.edu/Tickets</a> | Scanlon BNQT HL    |
| 12/3 | 10a           | FREE Math MTEL Practice Workshop                                                                              | Wilson 326         |
| 12/3 | 7:30p         | WHIP Comedy Improv Winter Show — Tix \$3 at door                                                              | Owl's Nest         |
| 12/5 | 6:00p         | Drop In Writing Help — EVERY Monday & Wednesday! FREE!                                                        | Ely Library        |
| 12/5 | 6:00p         | FREE Math MTEL Practice Workshop                                                                              | Wilson 326         |
| 12/6 | 11a-5p        | Common Goods Food Pantry — OPEN TO ALL!                                                                       | 2nd Cong. Church   |
| 12/6 | 5:00p         | Meditation Club                                                                                               | Interfaith Center  |
| 12/6 | 5:30p         | Life Sciences Networking Night                                                                                | Scanlon BNQT HL    |
| 12/6 | 6:30p         | Bible Study/Christian Fellowship Club                                                                         | Interfaith Center  |
| 12/7 | 11:30a        | At A Common Table — Interfaith Discussion                                                                     | Interfaith Center  |
| 12/7 | 7-4p          | RECESS!!! Mario Kart, Scavenger Hunt, MoonSand, & MORE!                                                       | Ely Campus CNTR    |
| 12/7 | 3:30p         | H.Q.M.E. Therapy Group — OPEN TO ALL!                                                                         | Counseling CNTR    |
| 12/7 | 6:00p         | Bright Nights Trip — Email Matt Delea for details!                                                            | Front of Scanlon   |
| 12/7 | 7:30p         | Sacred Scripture Conversation & Reflection                                                                    | Interfaith CNTR    |
| 12/8 | 7:30p         | Holy Day Mass — Feast of the Immaculate Conception                                                            | Interfaith CNTR    |
| 12/8 | 8-3p          | Relay For Life Meet & Greet — Meet Cancer Survivors! Tix \$1                                                  | Owl's Nest         |
| 12/8 | 5:00p         | Multicultural Student Association meeting — OPEN TO ALL!                                                      | Unity Room, Ely    |
| 12/9 | 8a-3p         | Winter Fest Craft Fair — OVER 30 VENDORS!                                                                     | Ely Lower Level    |
| 12/9 | 11:30a        | Global Women's History Project: Living Room Conversations                                                     | Eates 118          |

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to [www.westfield.ma.edu/studentactivities](http://www.westfield.ma.edu/studentactivities)

email [aduhorah@westfield.ma.edu](mailto:aduhorah@westfield.ma.edu) if you would like to advertise your event on the outdoor screens and student activities calendar

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
Fri & Sat 7 a.m. to 9 p.m.

### Ely Harvest

Mon-Fri 7 a.m. to 11 p.m.

### The Perch

Sun - Thurs 9 p.m. to 1 a.m.  
Fri & Sat 9 p.m. to 2 a.m.

### Dunkin' Donuts

Mon - Fri 7 a.m. to 10 p.m.  
Sat & Sun 10 a.m. to 10 p.m.

### Wilson Cafe

Mon - Thurs 8 a.m. to 8 p.m.  
Fri 8 a.m. to 6 p.m.  
Sat & Sun closed

### Garden Cafe

Mon - Fri 8 a.m. to 2 p.m.  
Sat & Sun Closed

### TJ Bistro

Mon-Thurs 8 a.m.-12 a.m.  
Fri 8 a.m.-1 a.m.  
Sat 10 a.m.-1 a.m.  
Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
Sat - Sun 5 p.m. to 1 a.m.

### Ely Library

Mon - Thurs 8 a.m. to 12 a.m.  
Fri 8 a.m. to 5 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 1 p.m. to 12 a.m.

### Ely Wellness Center

Mon - Thurs 6:30 am to 10:30 pm  
Fri 6:30 a.m. to 7:30 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 12 noon to 10:30 p.m.

### Bookstore

Mon & Thurs 9 a.m. to 5 p.m.  
Tues & Wed 9 a.m. to 7 p.m.  
Fri 9 a.m. to 4 p.m.  
Sat 12 noon to 4 p.m.  
Closed Sunday

### The Westfield Voice' Office

Mon 6:30 p.m. to 9 p.m.  
Tues 6:30 p.m. to 10 p.m.  
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528



# The Westfield Voice

FRIDAY, DECEMBER 9, 2016

westfieldvoice.com  
@westfieldvoice

## SGA holds final meeting of the semester

*Changes to Ely Harvest and TJ Bistro discussed for Spring 2017 semester*

**Ryan Caulfield**  
SGA Correspondent

With the coming of December and the holiday season, the semester has secretly picked up speed with the crunch time of papers, projects, and finals on student's minds. This week marked the final Student Government Association meeting of the semester and some senators—mostly seniors—gasped at how fast the last meeting approached.

The final meeting had Greg Sanocki, social media and digital content coordinator, discuss his new role at the university. Sam Gibe, organizer director for Massachusetts Public Interest Research Group (MassPIRG), spoke to the SGA about the recent achievements MassPIRG has completed at Westfield and what the organization plans on doing for the Spring 2017 semester.

New changes coming to Ely Harvest and TJ Bistro were announced as well. Matthew Carlin, president of the SGA, invited Sanocki to the podium for the first time. Sanocki said he started his job at the end of Sep-



PHOTO TAKEN BY RYAN CAULFIELD

tember and is new to Westfield. Sanocki said his main job is to create and manage all content for the many social media platforms for the University.

Sanocki said that some of the content being created is highlighting student and faculty accomplishments, campus news especially when Westfield is recognized and receives awards, and highlight campus events." Sanocki said that one goal he personally wants to start is working closely with students and devel-

oping new content around the student's life at Westfield State next semester.

Marcus DiBacco, vice president of finance, asked Sanocki if he would consider using other social media applications other than the ones the University has currently. Sanocki said his department is looking at utilizing Snapchat, saying that it is one of the most important applications for a college student.

He said it would be interesting using different student ambassadors for a Snapchat account to

promote events and show different viewpoints of campus with a day in the life feel.

After Sanocki was finished, Sam Gibe talked to the senators about MassPIRG. She described her roll for MassPIRG as training staff members, as well as the six to nine dedicated staff members that train students to be leaders on the chapter and statewide level.

This semester the voters project was a key campaign for MassPIRG, especially for this historic election, she said. Getting

students registered to vote was one of the top priorities for the MassPIRG chapter at Westfield during the semester.

Gibe said that MassPIRG was able to register 500 students to vote at Westfield. Across Massachusetts, MassPIRG registered around 6,000 students in total which was a 19 percent increase in student voters since the 2008 election.

Gibe said that for the spring semester, one of

see CAULFIELD on page 29

### In this week's issue

#### Campus News & Life

WSU Dining  
Cadet of the Week  
Crime Log  
SGA Profile Series  
Will Allen Essays

#### Op-Ed

Old Glory  
End of the Semester Reflection

#### A&E

Childish Gambino  
Gail's Guidance

#### Lifestyle Health and Wellness

Sugar  
Artificial Sweeteners  
On Senior Year

#### Sports

Interview  
Red Sox  
Tiger's Return  
Tom Brady

The objective student press of Westfield State University

VOLUME VIII, ISSUE X

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, DECEMBER 9, 2016

## News from other schools

### The Berkeley Beacon Emerson College

The college's faculty voted to declare Emerson a sanctuary campus for undocumented immigrants in last week's faculty assembly. Many other Mass. colleges may follow suit

### The New Hampshire U. of New Hampshire

Robert Ford, A former U.S. ambassador to Syria and Algeria spoke at the campus on Dec. 6. The talk he gave was titled, "Inside the Sausage Making Machine-Policymaking in Iraq and Syria."

### The Washington Square News New York University

Shem Semei Garrett, a 40-year-old painter at NYU, has filed a discrimination lawsuit against the university on Tuesday. Garrett claims to have regularly experienced discrimination since or around 2008.

### The Daily Collegian U. of Mass Amherst

A campus climate survey was sent out to students, to figure out ways in which the campus could be a safer, more inclusive environment.

## Westfield State Dining: it's time to be thankful

**Erin Doyle**  
Voice Contributor

**I get it: the stir-fry may be** delicious, but is it worth a 20-plus minute wait? You have to get to class in 15 minutes, so you definitely don't have time to wait in the sandwich line during prime lunch time. You definitely don't just want to have pasta again. If you look at the bigger picture, however, these are just small issues when it comes to our dining options.

As students here at Westfield State, we are lucky to have a brand new dining service. Say goodbye to Sodexo and hello to Westfield State Dining. The change was pushed because of the immense amount of students that were unhappy with the Sodexo Dining Services. In a spring 2015 survey, 45 percent of students were dissatisfied with the food services on campus. Basically, this change is for and because of us.

The change from contract to self-operating happened just within a few months; one week Sodexo was serving their version of burritos, and the next week students had made-to-order stir-fry available to them. The DC here at WSU also offers made-to-order sandwiches, a salad bar and rotating entrees and specialties that feature healthy options.

These things are all going to improve in the future as well. Andrew Mankus, Director of Dining Services at WSU, says new additions are coming all the time, including lo mein noodles for your stir-fry, a brand new salad bar, and more variety in the entrees and specialties. You would think that most students would be ecstatic about this improvement, but anyone that has taken a look at the suggestion board in the DC can tell that there are many student com-



plaints and suggestions.

Students are not being appreciative enough for what they have been given, and they definitely do not understand how difficult it is becoming a self-operating dining service. What most students don't understand is that making a campus's dining services more sustainable is harder than just ditching a contract and shopping at Whole Foods.

This change is much more complex than what most students see. It starts with a few questions that must be clarified. What do we consider sustainable? Does sustainable mean local? Or organic? What's the difference? Being familiar with these concepts is the first step in understanding the change that our school made happen. The United Nations defines sus-

tainable as "development which meets the needs of current generations without compromising the ability of future generations to meet their own needs."

The U.S. Environmental Protection Agency says that "sustainability is based on a simple principle: Everything that we need for our survival and well-being depends, either directly or indirectly, on our natural environment.

To pursue sustainability is to create and maintain the conditions under which humans and nature can exist in productive harmony to support present and future generations." Sustainability does not only focus on how the food is grown, but it also emphasizes the effects the process will have on future generations and natural resources. The point of sustainably growing

food is to preserve the resources we are given. Organically grown food is defined by Merriam-Webster Dictionary as "grown or made without the use of artificial chemicals," and according to the United States Department of Agriculture, "produce can be called organic if it's certified to have grown on soil that had no prohibited substances applied for three years prior to harvest. Prohibited substances include most synthetic fertilizers and pesticides."

Locally grown food emphasizes that the food was not moved long distances to the place of purchase. For example, food grown under 250 miles from the place of purchase or consumption is known as locally grown food. The next question that must be answered while turning campuses sustainable is how?

Do universities need to ditch their contracts, or will Sodexo and other dining corporations help include sustainable food into campus menus? In 2009, Sodexo adopted the Better Tomorrow Plan, promoting sustainability and offering their clients the tools to allow campuses to reduce energy consumption, water use, food waste and also to allow them to purchase local and sustainable food.

Sodexo also joined the Real Food Challenge in 2013, a student food justice organization that sets standards for social responsibility and sustainability. This resulted in 27 universities to commit to the Real Food Challenge, meaning they will buy a minimum of 20% "real food" annually.

The Challenge's definition of "real food" means that it must be locally grown, fairly traded, has a low environmental impact and it is humanely produced.

see **DOYLE** on page 29



# crime log

| Incident Nature              | Case#    | Date reported/occurred Time |           |      | GENERAL LOCATION DISPOSITION |                             |
|------------------------------|----------|-----------------------------|-----------|------|------------------------------|-----------------------------|
| Liquor Law Violation Conduct | 16-554   | 12/2/2016                   | 12/2/2016 | 1753 | Scanlon Hall                 | Referred to Student         |
| Drug Law Violation           | 16-555   | 1/2/2016                    | 12/2/2016 | 1803 | Dickenson Hall               | Referred to Student Conduct |
| Open Lewdness                | 16-61-AR | 12/2/2016                   | 12/2/2016 | 1924 | Lammers Hall                 | Arrest                      |
| Liquor Law Violation         | 16-556   | 12/2/2016                   | 12/2/2016 | 2346 | Courtney Hall                | Referred to Student Conduct |
| Drug Law Violation           | 16-557   | 12/3/2016                   | 12/3/2016 | 0017 | Courtney Hall                | Referred to Student Conduct |
| Liquor Law Violation         | 16-50-FI | 12/3/2016                   | 12/3/2016 | 0031 | Courtney Hall                | Referred to Student Conduct |
| Milicious Destuction         | 16-558   | 12/3/2016                   | 12/3/2016 | 0325 | Lansdowne Place              | Closed                      |
| Drug Law Violation           | 16-559   | 12/4/2016                   | 12/4/2016 | 0246 | Courtney Hall                | Referred to Student Conduct |

## WANT TO KNOW HOW TO BE A *LEADER?*



Westfield State University  
Residence Hall Association



*NEACURH Spring  
Leadership Conference at  
SUNY New Paltz*

APPLICATION OPEN NOW!  
MARCH 10-12, 2017



# from the voice vault

This article was published in the **March 30, 2006** issue of The Owl.

## WSC Offers Two New Scholarships

by Lynn Mendonca

Two full scholarships are being offered for the 1986-87 academic year.

The scholarships will be given in the memory of William T. Spears and Mary-Bernadette H. Handy, two WSC students killed in an automobile accident in 1982.

Spears and Handy graduated from Westfield State in 1980 and were engaged to be married.

During their undergraduate days, Spears and Handy were active members of the college community, and their dedication continued after graduation, as each was selected as Male/Female Alumnus of the year in 1983.

While the scholarships are available to all students in good

academic standing, students with a major in criminal justice or social sciences are especially encouraged to apply. The scholarship committee will select two students, one female and one male, for the scholarship.

Applications for the scholarship may be obtained from the Criminal Justice Department, the Social Sciences Department, or from Dr. Sarah Light.

Light said that last year there was a lack of interest in the scholarship, and there weren't enough applicants to award it.

Applications must be returned to room 130 Campus Center by April 1986. Awards will be made by May 1, 1986.

This article was published in the February 11, 1986 issue of The Westfield State Owl.

## Girl Gymnasts Finish Season

The Women's Gymnastic Team at Westfield State College completed its season with a 2-4 record. The female gymnasts are to be commended not only for their gymnastic accomplishments but for their dedication of long gymnastic workouts, aches and pains, and going against steep competition.

The gymnasts showed a marked improvement this year, and next season should produce aerials, back walkovers and handsprings off the equipment, and a higher level of creativity in all composition work.

Once again this is a Gymnastic Olympic Year. Surely the United States has come a long way in the past four years when the United States placed sixteenth in Women's Gymnastic Competition. There is

great hope for a Gold Medal this year. And, too the sheer perseverance of our own gymnasts here at Westfield State College shows that the future of Women's Gymnastics is in good hands.

All young women at Westfield State College are welcome to come and workout at the spring gymnastic practices. It helps to keep in shape. Even if a girl does not want to compete surely she would enjoy the benefits of getting into and keeping in shape.

The Women's Gymnastic Team is also planning to participate in the Spring Arts Festival here on campus shortly. So why not support gymnastics and take a gymnast to lunch (watch those calories) or give her a smile button.

### Interested in other articles in 'The Voice' Vault?

Schedule an appointment with a member of the editorial staff and you can peer into almost fifty years of newspapers and journals from *Westek* to *The Westfield Voice*!

Contact [thevoice@westfield.ma.edu](mailto:thevoice@westfield.ma.edu) to schedule an appointment!

### CALLING ALL SENIORS!

#### 100 DAYS UNTIL COMMENCEMENT CELEBRATION

Save the date: Thursday, February 9th 2016 at 7pm in Scanlon Banquet Hall

The senior slideshow will be presented at this event, so please send appropriate pictures from your WSU experience to [towsu2017seniorbucketlist@gmail.com](mailto:towsu2017seniorbucketlist@gmail.com) by January 30th, 2017.

In addition, please send us your senior year bucket list so that we can include them in the slideshow. Our goal is to present 100 things left to do before we graduate.

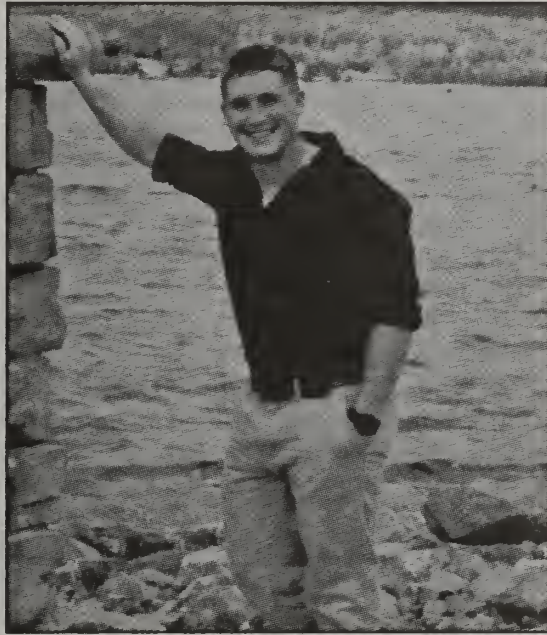
E-mail your bucket list to [wsu2017seniorbucketlist@gmail.com](mailto:wsu2017seniorbucketlist@gmail.com) in a bullet format by January 30th, 2017.

If you have any questions, please send them to Andrew Morin, at [amorin5287@westfield.ma.edu](mailto:amorin5287@westfield.ma.edu) or Julie MacLeod, at [jmacleod9028@westfield.ma.edu](mailto:jmacleod9028@westfield.ma.edu).



# Cadet of the Week

## Caleb Cros



Hello, my name is Caleb Cross and I am a freshman here at Westfield State University. I will be graduating in the year 2020 with a major in Criminal Justice and hopefully with a future minor in psychology or sociology. A few things made me join ROTC, but mostly because of the influence my father has had on my life. He and my ancestors were involved in the military which gave me a sense of need to join as well. Originally, I was going to enlist in the military, but my father talked me into going to college instead. I agreed to go only if there was an ROTC program. After I complete my training and college, I would like to proceed with my military career until I can retire from the U.S. Army. During my time in the military, I would like to gain the experience of going into active duty and all of the training that comes with it. This program offers real world experiences which will allow a future Officer to prepare themselves for life in the Army. This also offers a classroom setting to teach us the knowledge we need in the field. Therefore, I chose to join ROTC.

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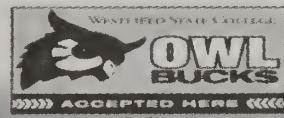


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# The Student Government Association's Executive Board: A Profile Series

## Brandon Trafford

### Sandra Mercer

Head Copy Editor

*The Student Government Association's executive board consists of eight Westfield State University students dedicated to the embetterment of the campus community. These eight people spend countless unpaid hours working toward creating a more inclusive, productive, and efficient university. Over the next eight weeks, these students will be highlighted in a profile series documenting their lives before, during, and after Westfield State.*

The Student Trustee is a job that only few could handle. Being a young student on a board filled with adults can be intimidating, and having the weight of the student body on your shoulders can be unbearable. But Brandon Trafford, this year's Student Trustee, does this job with ease and expertise. Brandon grew up in the small town of Brimfield, MA.

"We have one stop light. It's cute, it's quaint, it's modest," he said. Brandon went to a Tantasqua Regional High School, and recalls a great experience throughout his time there. He was the SkillsUSA Chapter vice president, a competition in which students compete against other vocational schools across the state in your trade; he even got a state silver medal in job interview.

Golf was also big for Brandon. Brandon's been playing since he was six, and started getting more serious about it around

age 11. In high school, he was on the varsity golf team for all four years, and served as captain his junior and senior years. Brandon also loves being outdoors, hiking, biking, and doing adventurous things; he even went skydiving with his sister last summer.

Brandon originally came to Westfield as a finance and economics major, wanting an eventual career as a stockbroker on Wall Street. He'd been into stocks for a few years at that point, but as his time at Westfield progressed, he realized he didn't really like it as much as he'd originally thought. It was when Brandon got into Marketing Management that he found one of his true passions. He loved how friendly and outgoing everyone was, and felt he had found his place.

"It was more of my environment, because I love people and it seemed like a very people-oriented career," he said. After this, Brandon switched his major to Business Management and Marketing.

When picking a school, Brandon applied to a handful of state schools. When it came down to it, he was deciding between UMass Amherst and Westfield. "I didn't want to be all the way across the state, but I didn't want to be somewhere where my mom could come visit every



weekend," he joked. Ultimately, Westfield won his heart.

"I just really liked the atmosphere of Westfield. I also really liked the Globe," he laughed. Outside of SGA and his studies, Brandon still loves golf and spending time doing activities outdoors. He also loves snowboarding, and even admitted to breaking his collarbone one time trying to impress a girl.

He laughed and said he hasn't done much snowboarding since. Brandon is also passionate about community service. He's volunteered at the Boys and Girls Club of Springfield, and was the fundraising chair for Westfield's chapter of CONvoy of Hope freshman and sophomore year.

Feed My Starving Children, Habitat for Humanity, Speed the Light, Mr. Westfield--a fundraiser for Make a Wish--and the Westfield Food Pantry are just some of the organizations and places Brandon has volunteered his time at. Out-

side of community service, Brandon's been on about every committee this campus has at one point or another.

These include, but certainly are not limited to, the finance committee, class of 2017 council, SAC Council, WSU Foundation Board, student affairs, parking appeals, finance and capital assets, institutional advancement, the WSU Foundation, parking control, substance advisory committee, search committee for VP of administration of finance, served on budgeting committee, and more.

As the Student Trustee, Brandon has a lot on his shoulders. "My job is essentially to represent the students voice in matters that affect this campus as a whole," he said. Because the Board of Trustees makes so many big decisions for the campus, Brandon's representation is integral to the student population of Westfield; his voice is essentially the voice of the students, which can be a lot of pressure.

His position gives the board a unique perspective, though. While all the board members have full-time jobs, Brandon is a student. He lives on campus, studies on campus, and stays on campus. "I am here all the time. I get to see the atmosphere," he said. "I'm a voting member that gets to see what the students see and

bring that voice."

Though the board members are former members of the university, they are not current students. Brandon's perspective as a current student gives the board that insight into what the students want and need. "WSU is all about the students, so it's great to have a perspective on the board about the people who are attending this university," Brandon said. Brandon's job involves working with and for many different people from many different parts of Westfield State.

"I work for Westfield State University, I work with the president, I work with the Board of Trustees, and I work with all of the vice presidents like Marsha Marotta and Carlton Pickron," he said. "They come forth with recommendations and ideas and we decide whether or not it's a good idea," he said. "We focus on moving the University forward to bigger and better things." As for the best part of his job, Brandon says it's the people he works with.

The members on the board include the elite of Massachusetts and beyond, including the CEO of Westfield Bank and the former CEO of the Special Olympics. "These people are just incredible and they just have an incredible life story to them. And they're all about the students and it's really



great to see people that graduated from Westfield that still care about Westfield," he said. "It's really rewarding to know the decision I make on that board or help make on that board really help impact the student body and hopefully for the better."

Brandon says that the most challenging part of his job is making sure that he is doing the right thing for the students. He wants to ensure that the decisions he's making, and the opinions he's voicing, represents the students and not just his own personal beliefs. "You want to make sure you're doing right by your constituents," he said. Brandon decided that he wanted to run for Student Trustee because of his large presence on the Westfield campus, like his involvement in all of the previously mentioned committees and organizations he's been a part of.

"I've just been active in a lot of areas on campus and I feel as though I've learned a lot over the course of my tenure," he said. "I now have the opportunity to use all the knowledges I've received over the last four years." Brandon believes that he can use that information to serve the students he's representing and make those bigger decisions.

"Not a lot of people have the same amount of experience that I have, and now I can take that knowledge and make it work for all of my fellow constituents," he said. As for what he wants

people to know about his position? "I want them to know that it's for them, that this position there to represent the students of Westfield State University, that it serves as an avenue for students to voice their concerns to the Trustee so that the Trustee can make the most informed decision that they can based on the perspective of the people that they're representing," he said.

Brandon wants people to know that SGA is there for any student with an issue, and that any and all problems are important. He also wants people to know that

SGA is there to help students get through these issues, and that they can help provide whatever it may be needed to solve the issue. "We're here for the students if people are having issues on campus we want people to know that we are open to their concerns and we want to try and help them to address their concerns," he said.

"We want people to know their opinions matter, that what they think matters." As for someone considering running for an SGA position, Brandon echoes his fellow exec. members and encourages them to do it. "When you're here at college you have a lot of opportunities that you're never going to have again. You're sitting with 80 like-minded people that are all just really friendly and all just want to help make a difference. If you run for it and you don't like it, you don't have to stay. But, you might just like it



*The Westfield State Foundation presents Student Trustee Brandon Trafford with a scholarship.*

and you might just stay. He talked about how so many senators have come to SGA and have become friends with and then gotten close with their fellow senators, and how participating in something like this really makes a difference. "When you're a part of SGA you feel as though you're a part of something bigger than yourself, which is a great feeling. And I recommend it to absolutely anyone"

As for what he would say to someone considering running for an exec. position, Brandon said that although it's a lot of work, it's worth it. He said that you are able to make contacts and connections, network, and really see how this university runs. You are able to work on committees you didn't even know existed, and get close with your fellow board members.

"It's a lot of work, but in the end, if you're willing to put in the work, it is worth the run." As for someone considering running for the Student Trustee position specifically?

"There's a lot of

weight on your back," he said, "because you know the decisions you make in that room are going to affect the entire population of students and faculty, those decisions you make affect the entire campus." Brandon said that it's also a lot of fun being on the board. He loves going to the social events, attended by people such as the mayor of Springfield and representatives from the Westfield community.

"I met governor Baker's best friends at a party!" Brandon said. As for the future, Brandon's first response was about his future in education. "I have no desire to go out and get a masters degree," he said.

Brandon plans on keeping his options open, but said that he will most likely end up working for his father, a painting contractor, in his father's business. Brandon has previously worked with his father, and he hopes to help his father continue to grow the business.

He hopes to use his marketing experience to the business's advantage, and use his knowledge to create marketing cam-

paigns via social media advertising. Brandon said that eventually, he could end up running the entire business. Other than his dad's business, Brandon wants to start an investing company in real estate, hopefully within the next five years. Brandon's family is very important to him, and they are some of his biggest motivators. Brandon's sister played a very integral part of his decision to stay in college and continue his education at Westfield.

When Brandon was doubting himself and his decisions, his sister supported him and gave him the boost he needed to keep going. Brandon also said that he and his father are very like-minded, and is someone that he is very close to. "I look up to my dad quite a bit," he said. "He's really been a key factor in motivating me to stay in school and do well in school. As for his goals for the rest of his time here at Westfield, Brandon's answer was straightforward. "Pretty much enjoy it while I can," he said.

"I know the end is near, and I just want to try and enjoy these last few moments and cherish everything I have." When I asked Brandon what he wants people to know about him, I was in awe of his candid response. "I want to be remembered as a nice guy, I want to be remembered by people as someone who was willing to listen, someone who made them smile," he said.

"I just enjoy life, I enjoy people, and you can't



# The Student Government Association's Executive Board: A Profile Series

## Karina Sallaway

**Sandra Mercer**  
Head Copy Editor

*The Student Government Association's executive board consists of eight Westfield State University students dedicated to the embetterment of the campus community. These eight people spend countless unpaid hours working toward creating a more inclusive, productive, and efficient university. Over the next eight weeks, these students will be highlighted in a profile series documenting their lives before, during, and after Westfield State.*

As members of the SGA Executive board, all of these student leaders are expected to execute their duties with precision and care. Karina Sallaway, the Executive Secretary, does just that. Karina went to Taunton High School, and was involved with NHS, tutoring at the Boys and Girls Club, and Key Club--a student council-like club that focused on community service, similar to Circle K.

Though she didn't have the best high school experience, Karina found solace in the Westfield State community. "I can feel more myself here. High school I didn't feel that way.

Here I kind of found my place," she said. Karina is a communication major with a double minor in art and writing, and both of her

minors were picked up at the end of last year. She originally came in as a criminal justice major because he mom thought she would like it. "She thought I would like it because I love cop shows," she laughed.

Karina quickly discovered that CJ wasn't what she wanted to do; one semester in she dropped the major, but she still was still unsure as to what she wanted to study. "When I found comm. I found there was a lot of leeway with it because there was a lot of concentrations within that, and I didn't have to choose right away," she said.

Karina chose the writing minor because she found it was easier to get internships as a communication major if you have that minor. It ended up being better than she originally expected. "In college I found out writing was one of my strong suits, whereas in high school I thought it was one of my weaknesses," she said.

As for art, it was definitely more of a passion pick-up. Art was the one elective Karina did throughout high school, and is something that she has always loved. When I asked Karina why she



chose Westfield State, her answer kind of surprised me.

"I didn't," she said. "My sister picked it out for me. I applied because I didn't really care where I applied to, and I picked it because it was the cheapest. It wasn't my first choice, but it wasn't my last because I didn't have any choices."

Though an unusual start to her college career, Karina found a lot of great people to surround herself with, and started finding her place; Westfield was where Karina really started getting involved.

Besides SGA, Karina is an active member of the acaOWLETTES--Westfield's only all-female a cappella group--the Campus Activities Board, and is a work study student in SGA where she works alongside Kim Hosmer doing filing, office coverage,

helping clubs with fundraisers, and whatever else Kim needs done. As the executive secretary, Karina is responsible for, quite possibly, one of the most important jobs: the SGA minutes.

Each SGA meeting is recorded on Karina's phone, and she goes back and types almost word for word everything that's been said. Sometimes meetings can go 2-3 hours or more, with multiple speakers, readdresses, guests, and soft-spoken senators.

Though repeated questions and words are omitted, a great portion of the meeting is written down for the record. "The minutes are not every single thing said during the meeting, but a detailed overview of what was mainly discussed at the meeting," she said.

Another one of Karina's duties as executive secretary is planning Cotillion, an annual dinner/dance/outing in the spring semester. In fact, planning Cotillion is really why she decided to run for Executive Secretary in the first place.

Karina has gone to Cotillion the past two years, and has had a wonderful experience both times. Freshman

year, Cotillion was one of her first experiences with SGA, and it left a great impression.

As the main planner of Cotillion, Karina forms a committee to help her plan this event, and it is held mid-spring. This year, Cotillion will be held on March 31st. Karina also brought back Lifesaver of the Week, an SGA initiative that highlights a senator or group of senators that have done something helpful or have gone above and beyond their positions.

This was initially created by Taylor Fote during the 2013-2014 academic year. "I brought it back because I didn't particularly like the way Senator of the Week was done," she said. "We didn't really get a lot of nominations." Karina said that the best part of her job is seeing the senators really find their footing in SGA. "I think it's honestly getting to see the senators build up the courage to even ask questions," she said.

Hearing new senators ask questions, people who don't usually talk, it's kind of inspiring in a way because when I was a senator last year I did not ask



questions.”

And as for the most challenging? “People judging SGA as a whole rather than the people that make it up,” she said. “It’s easy for people to just not like one thing people in an organization do rather than looking at the reasons behind it.”

Though Karina says she loves SGA for many reasons, the main reason is one that’s very important that everyone finds while at college: the opportunities it brings. “It’s opened so many opportunities for me, even if you’re a new senator it’s still a rewarding experience. It’s so much more than just a resume line,” she said.

Karina says that she loves the executive board because of the connections you are able to make, and the people you are able to meet. “The only difference between exec. and senate is you get experience more firsthand and just knowledge within the university itself.

And then you get to go back and report

to senate too, which is awesome,” she said. When I asked Karina what she loved about Westfield State, her response was the quickest yet. “Um, everything,” she said, laughing. “I don’t think there’s one thing I hate about Westfield. Westfield is always developing new ideas, new structures, and new programs.” As for what she wants people to know about her?

“That SGA really changed my life here,” she said. “From not caring to where I went to school to where I am now, it is such a huge leap, and I couldn’t be more proud of myself. I’m proud even more of the people I’ve surrounded myself with.”

Karina’s advice for someone considering running for her exec. position specifically is very honest, and something to be taken into serious consideration if you’re considering the Executive Secretary position. “It’s very tedious, it’s nothing to blink at, and it’s time-

consuming,” she said. “It’s not hard, but you just can’t take it lightly.”

As for what she would say to someone considering joining SGA, she has really great advice, and advice that can be applied to anyone considering any kind of new experience.

“Don’t think twice because you then might talk yourself out of it. If your first instinct is to do it, then do it,” she said. As for someone considering running for an exec. position, Karina’s advice is just about the same.

“I would say take the leap, definitely,” she said. “Don’t think twice about it, but give it thought, because it can be frustrating and rewarding and probably the best or worst thing you do.”

Someone considering running for Executive Secretary specifically? “Prepare for long nights,” she laughed. “Don’t get scared of two hours meetings you have to type all the minutes for. It may seem daunting, but it will

get done.”

As for the future, Karina is still unsure as to what exactly she wants to do, a common theme on college campuses everywhere. She reiterated how big of a decision it is, and how important it is to branch out and try more than one thing.

“I want to try a bunch of different internships and jobs before I land exactly where I want to go, that way I don’t go into it narrow minded,” she said. As for her goals for the rest of her time at Westfield, Karina’s immediate response was about one of her roles as Executive Secretary.

“Have cotillion sell out this year,” she said smiling. As for her future on exec., Karina says that she will know better by the end of the year. Though she would love to be on the executive board again, she’s unsure about what position she’d run for, and that she’s not thinking about it just yet.

As for those who have inspired her

throughout her time her, Kim Hosmer was the first person who came to mind. Kim’s hard work in the SGA room does not go unnoticed by Karina, especially because they work so closely with one another.

Karina admires all that Kim does for the campus, and all of the things that she deals with day to day. “Working with her, I never realized how much she does,” she said “She’s a very strong woman.”

Karina goes above and beyond her duties to make sure that she is doing her part. She spends countless hours doing work for her position, on top of everything else she is involved with, and does so with attention to detail and care.

Not only is Karina a very hardworking person, but she is also a very kind person, a quality that I so admire. I am beyond lucky to call Karina my friend and to be able to highlight her hard work.



# opinions & editorials

FRIDAY, DECEMBER 9, 2016

## Old Glory

**Mike Stender**  
Voice Columnist

There has been a lot of controversy the past few weeks regarding our nation's flag. Not everyone was pleased about the election of Donald Trump as president, as well as the pipeline going through indigenous people's land in North Dakota.

These events have caused citizens of our country to hate the flag and everything it stands for. In Amherst, MA, Hampshire College took down the flag due to students saying it did not represent the same rights as other Americans, and saw it as a sign of oppression instead.

Students even burned the flag on Veterans Day as a sign of protest. I was upset when heard about this. Having lived in Amherst for eight years, I understand that the majority of people there tend to have liberal views and the flag does not have the same meaning to them as it does to me.

I'm not here to trash their views; we are all different here. I myself tend to be more independent in terms of politics, but I am also a patriot and love my country. Seeing people burning the flag upsets me because there are millions of veterans out there who fought for this country and for that flag to be raised.



It's a symbol of freedom that unites all Americans together no matter what race, social class, or political group you belong too.

When thousands of veterans and their friends and family came to Hampshire College to peacefully protest, I was happy to see that everyone who spoke was respectful. This included veterans from different military branches, local supporters, and the mayor of Springfield, MA, Domenic Sarno.

Everyone who spoke talked about why the flag was important to them and why they hate the fact that people see it as enough of a negative symbol to not fly it on campus. The speakers even thanked Hampshire College President Johnathan Lash for allowing them to be on their campus since it is private property. Since then, President Lash has allowed the American flag to be flown on campus again.

I am writing this for the sole purpose of my own opin-

ion on the flag. Everyone has their own take on it and I'm not trying to change your view.

I just want people to be aware that our country's flag has a lot of meaning to those who have fought for our freedom or are even just proud to live here in general.

I plan on enlisting in the armed forces myself after I graduate and would not mind speaking at demonstrations such as the one at Hampshire College if such events were to happen again.



# End of the semester reflection

**Nathan Godard**

*Op-Ed Editor*

**Very soon I will find myself passing into the final semester of my junior year of college.** This is a frightening yet exciting prospect. It is for all students.

There is a definite agreement among my peers that there is a palpable fear and uncertainty as we pass through these stages of education.

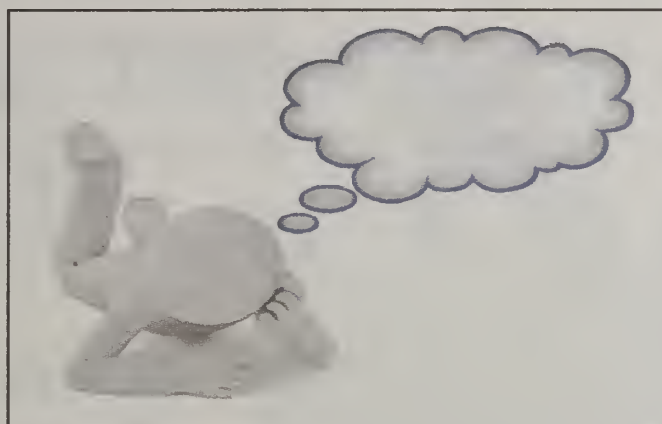
I myself have fears that perhaps I have not spent my time well enough here, that I have not taken advantage of the many opportunities provided by this university. But what is life, if not an endless road of uncertainties?

The trouble, however, is that we have been told that there is a certain pattern to life, and that if this pattern is not followed that only failure can come of it. Throughout high school we are

told that the “smart kids” attend higher education rather than technical schools or trade schools.

Alternate routes to different careers are not encouraged, but then again, we put the choice upon our children for whether to attend a technical school or a public school at a remarkably young age. It is through this system that our generation may have the expectation that one may achieve a certain career or occupation by taking prescribed steps.

If only life was as organized and as simple as this. Perhaps this ideal is what the older generation sees as entitlement, when in truth it is what we have been taught. Nonetheless, it is important to understand that no matter the missed opportunities, mistakes, or failures one may endure during one's time at this university or beyond its boundaries, there will always be other avenues to explore and to



succeed in.

It is such a shame that we, as a society, more often than not define ourselves by what we do; in other words, what our job is.

It is no surprise that our jobs are our means of serving society, our families, and ourselves, but they should not define us as individuals and they should not bind you from ambitious desires.

An educator who may find themselves disillusioned by the system of education in America and therefore his or her profession is not trapped in

his or profession for life. This is just an example; this can be applied to anything.

An educator, if they chose to, could resign their position and seek employment and fulfillment in a number of other occupations. Seeking to serve as a representative for teachers on a union to advocate for them based on their grievances is one such way of doing this.

There are other avenues to success and other paths that you might take; keep in mind that there are always other options open to you. The

uncertainty you may feel as a growing student, as an employee, or even as a brother, sister, mother, or father, is a natural state in life, and rarely are things in life certain.

I encourage you to never feel trapped in the role you feel you have grown into, that if you aren't happy, that it is not failure to seek another path. I understand that the cost of higher education makes this seem to be a very naïve and idealistic perspective, but whatever the cost, ultimately the education you payed for was to open you up to opportunities, it is up to you to recognize these opportunities and to take advantage of them.

Take heart though, because everyone is feeling the same way. Everyone has that fear of failure, recognizing that perhaps we can begin to erase the stigma of forever-being tainted by that failure, if it truly is a failure.

~~~~~  
Are you interested in working for The Westfield Voice?

Currently, the following positions are available for the Spring 2017 semester

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This certificate has a registrar's raised, embossed, impressed or multicolored seal; registrar's signature and the date the certificate was filed with the registrar's office, which must be within one year of your birth.  
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**Citizenship Document  
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- Normal street attire--no hats, no glasses, no headgear.



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<https://travel.state.gov/content/passports/en/passports/forms.html>

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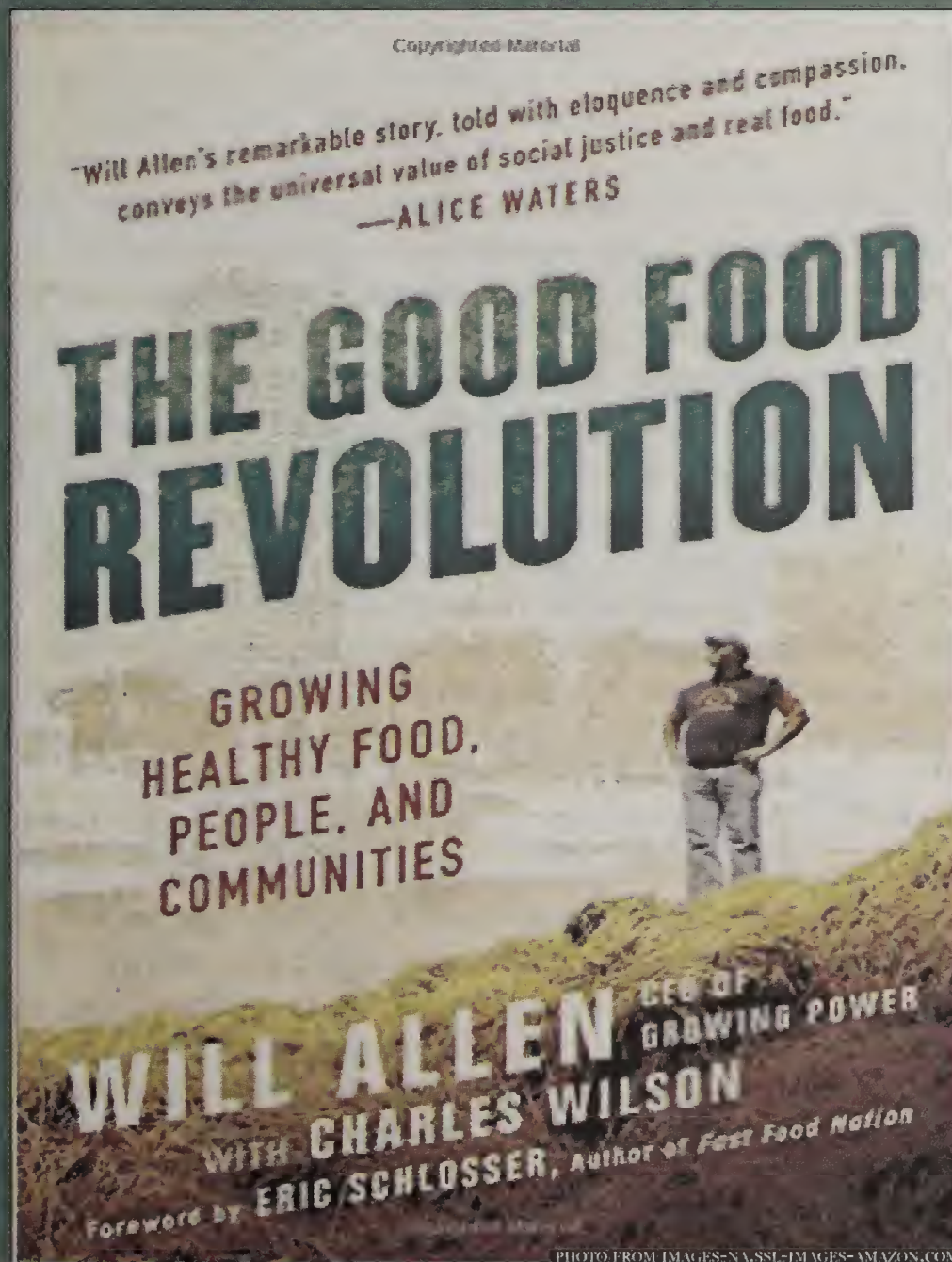
<https://travel.state.gov/content/passports/en/passports/information/fees.html>





# First Year Read: Will Allen's "The Good Food Revolution"

*The following essays in this section are from Professor Thelen's English 101 class. First year students reflect on their attendance at Will Allen's visit to the Westfield State University campus on November 15, as well as his book "The Good Food Revolution"*





**By: Connor Clasen**

When Will Allen came to campus there were many things that I found interesting. I knew Allen was a retired basketball player and would be very tall (which he was), but I was expecting him to dress up a little but more because he was a basketball player. I know it might not seem of much importance, but it's the little things like this that stand out to me. Allen was truly a humble guest; he didn't sit there and brag about who he is or come in acting cocky or selfish. In fact he seemed very selfless; he didn't seem to care that much about his personal worth. He cared more about making a difference. Allen wants to shape how the world works. Instead of a profit-run organization that cares only about the money going into his pocket, he cares about the quality and value in the work environment, and he wants the farming industry to follow his lead and use natural resources and methods to make healthy products. I think it's unbelievable how Allen does his work; he would rather promote his ideas to the youth to promote a healthier world and bring back the agrarian ideals to America. He wants people to focus on the purity on food and the quantity.

Some points that stuck out to me more than others were his revolutionary methods of producing food, soil, and even fish! I knew that Allen took pride in using vacant lots in urban areas by converting them into gardens, but I never understood how much he cares about soils and how important it is. The first step to the creation to Allen's soil is the worms. Until Allen came to campus I didn't really understand how he got the soil to these urban areas of how he could buy so much soil to do so. The way the worms work is that they put them in soil and they create nutrient-rich compost over the time that they are alive. They also repopulate by 400 percent in four months so the amount of compost being created seems to multiply time after time. One thing that I didn't know was how Allen recreates fish populations. What Allen has done is makes a 7-foot by 9-foot trench that extends about 30 feet; he has multiple set up to raise healthy fish for people to eat, which is his revolutionary method for fish repopulation.

He had help from a science class at a university and came up with a new way to populate these fish farms." They take one female fish and literally squeeze the egg strip out of the females (it doesn't harm the fish) and then the same thing with the males, but they squeeze the sperm out and fertilize them to later be placed in separate areas until the start to develop. I truly believe that Allen is the only hope for the food industry to stop using fossil fuels because just like Allen said, we are the generation that will see the last fossil fuels used and have to find means for clean sustainable energy. And I believe we can all start by reforming to Allen's Good Food Revolution.



**By: Nick Lowe**

Last Tuesday night, Westfield invited guest speaker Will Allen, the founder and CEO of Growing Power, to show a presentation to students and faculty. Allen is a pioneer of urban gardening and also the prestigious author of this year's freshman read: "The Good Food Revolution." I had the pleasure of meeting Allen before the show, which was a very surreal feeling for me, considering that I had read so much about his life prior. It was almost like seeing a character of fiction come to life. He walked in the gymnasium standing at an impressive 6' 7" and dressed humbly in a pair of casual blue jeans and a bulky sweatshirt. I approached him, eager to see what was on his mind before his show. After introducing myself I asked him what he was here to talk about. "The food system," he said, "and how we need to make sure our food system works for everybody. It's a just food system, and it's a system that creates jobs for the future; especially for the young people." I could hear the passion and sincerity for his cause clearly in the way he spoke. I was very interested in what he had to say to our university particularly, considering he told me that universities like us will "be the ones that change our food system." I was not let down by his ability to address a large crowd. He stood fearlessly and sternly at the mic. On top of his clear confidence as a presenter, I perceived a certain "workingman" element about him that I felt helped him develop a more personal connection with his audience as opposed to the formality of most business CEOs when they address the public. But Allen is no ordinary CEO.

Growing Power, his business, is a non-profit organization attempting to revolutionize the way we eat. During the presentation he spoke about creating a "new industry in America" in which we consume locally grown food almost exclusively. He claims, through his own series of tests, that not only is this new way of eating more sustainable and environmentally friendly, but it also has economical advantages over the current system. The problems with the current system, as he pointed out, include the excess of waste generated by how we harvest and transport food. Right now, thousands of cities across America are considered "food deserts." The USDA (United States Department of Agriculture) defines a food desert as "[a part] of the country vapid of fresh fruit, vegetables, and other healthful whole foods." Allen plans to eliminate food deserts by opening urban gardens in impoverished cities such as Detroit, and revolutionizing food distribution by cutting out food transportation entirely.

This will make "food miles," the distance food has to travel from farm to grocery store significantly smaller. Allen also employs aquaponics, a system of agriculture in which plants are fed to fish, and fish waste is utilized as nutrients for the same plants. The aquaponics system, Allen claims, is a great way to drastically reduce waste when farming, especially on massive scales. Aside from the subject matter, Allen kept his presentation light and relaxed by joking with the audience throughout his slideshow. He made light of Walmart executives visiting his farm commenting, "Oh, and those guys showed up." He also joked around about people's fascination with worms when they visit his farm, talking about how they love to feel them and mess around with them. Impressively, he cited 30,000 people had visited Growing Powers' farms in the last year. To Allen, community involvement is one of the most important aspects of his work. He believes that for urban gardening to be successful, communities need to be active and engaged in the work. Personally, I agree; if we want to see change, we need to get active, and that's exactly what Allen was there to tell us.



## **By: Ally O'Connor**

On Nov. 15, Will Allen came to Westfield State University to talk to first year students here along with the public for a free event. For those who don't know, Allen wrote a book called "The Good Food Revolution." Allen's Good Food Revolution was a book that all first year students here at Westfield State were required to read. Allen grew up on a farm, and then became a professional basketball player for the University of Miami. Once Allen retired from basketball at the age of 28, he moved to Milwaukee, which was his wife's hometown. Once he moved back to Milwaukee he got into corporate sales and marketing. Once he no longer enjoyed that, he went back to farming. In 1993 found a vacant garden that he bought, hoping to find success and create a change for the people of Milwaukee. This soon became what is known as today as Growing Power. Allen knew that Milwaukee was a food desert, which means it has no good local food. Fast food was the only thing that was local to them. He wanted to change that by creating a local farm that would feed as many people as it could. It started off small, but soon became something huge. It was three acres and fed around 10,000 people. During Allen's presentation he said that if you remember one thing from tonight, let it be that good soil is needed. Minerals in the soil is what is needed to create good soil. Allen makes his own soil at growing power. I believe that Will Allen's beliefs were ones that everyone should start to consider; he was talking to our generation in the room. We have to be the change if we want to see something happen. It's in our hands now to create a better food source.

When Allen first went on stage I was planning on an informal guy, which is exactly who he was. He was very laid back and knew everything from his PowerPoint right off the top of his head. His PowerPoint consisted of 1,000 slides which is pretty crazy and caught me off guard when he said that. I was very confused about how he was going to talk about 1,000 slides in the short time period that he had. I felt like he was very rushed which made it not as genuine, but still interesting. If Allen would of spoke about questions people had and other plans he had about his future for his company "Growing Power," I think his presentation could of been a bit more interesting. When my professor brought up the Allen presentation in class the next day a lot of students felt the same way. We talked about how the PowerPoint was rushed and kind of geared toward people that had not yet read "The Good Food Revolution." On campus I went to a film a speaker series called "Food, Work and Social Justice." This was a panel of a few individuals that had a lot of experiences with food and dealing with urban farms. Their goals were to help better the food system, and one was to create a better system for the Springfield area, which is pretty local to Westfield. I believe events like these ones are more beneficial than the Allen event because it was local and informational. I wish Allen would of been a little more personal instead of just talking about the company. I believe Allen has a lot of good ideas and strong passion towards what he does, but I think he could've portrayed his information a little bit better instead of just giving us a PowerPoint. One thing I did really enjoy that Allen said during his presentation was that "farmers can't change this alone; it takes everybody," which is exactly what our generation needs to realize. We can be the change we want to see, and I think Will Allen coming to Westfield for his presentation is exactly

what we needed to see that we can make a difference even if we are a small university; together we can come together to create something huge.



## By: Chet Brockett

Listening to Will Allen was an eye-opening experience for me. After reading his book, "The Good Food Revolution," I felt myself connecting to him in many ways. Seeing him in person really tied the book and all the work I have done on it together. Throughout his book, I have learned about all the wonderful things he has done to change his own life and the life of others for the better, and after hearing him speak in person, his passion for what he does flowed throughout the gym. I really felt myself connecting with him when he tied in athletic analogies in his speech. For example, he said that being on the basketball court made him comfortable and confident when speaking, showing that he finds comfort and security being somewhere where he has past experience. I find my comfort and strength on the football field. I know that that is where I excel and that is where my confidence lies. I have been through many hardships through the sports I have played in my life, and the biggest thing I have learned is to persevere. Perseverance is something Allen reminded me of; this really opened my mind to the choices I am making now as I go through college. Allen also stated during his speech that, "good athletes eat good food." This related directly to me because when I was in-season with sports, I cut all bad foods out of my diet. I stopped going to fast food places, I stopped eating foods with high fats, and I was amazed at how good my body felt. I was able to feel my body becoming healthier and reap the benefits of being a good athlete because I was eating good food.

The next main topic that stood out to me at the Allen speech was how he stated that kids are the future of the food system. Our next generation will be responsible for so many things, but food may be the most important one. Teaching the future generation how to farm and cook food for themselves could solve so many worldwide problems, such as obesity and worldwide hunger. If people learned how to grow their own food and garden, some of the world's problems with hunger could be solved. Also, natural food that is home grown is obviously much healthier for a person than any processed food, therefore the rate of childhood obesity and obesity in general would go down immensely. This can all happen if the adults of today teach the children of tomorrow the importance of their role in the food industry, and Allen really brought that perspective to life during his presentation. Allen has basically dedicated his farm to the next generation to give children in poverty an opportunity to eat healthy foods and learn about how eating home grown foods can benefit the human body in so many ways. This is so important because he has made it his life goal to make sure that all of his hard work and knowledge lives on long after he does through the children he has enlightened. Overall, I thought listening to this speech was a great experience. The fact that he was able to come to our college and speak to all the people that have been studying him and his practices for so many months is amazing and I am very grateful for this experience. Allen has accomplished so many things in his life after having so many challenges in his life, such as cancer. Allen has won countless awards in his lifetime, has appeared in film, has written his own book, and has continuously inspired people day after day with his words and actions about the thing he is most passionate about: food. I hope that one day, I will have accomplished things in my life that I can be proud of; I hope that I will have reached my goals and even surpassed them, and I will continue to think of Allen throughout my years becoming an adult and what I have learned from his book and hearing him speak.

## By: Nick Lowe

The way Will Allen spoke and what he spoke about during this interview was very interesting to me, particularly how much he knew about aquaponics. For those who don't know what aquaponics is, according to the Aquaponics Source, "it is the marriage of aquaculture (raising fish) and hydroponics (the soil-less growing of plants) that grows fish and plants together in one integrated system." I was unaware Will Allen even dabbled into aquaponics, which is something that I am somewhat familiar with after doing a project related to aquaponics in high school. Will Allen uses a "soil based" aquaponics system, whereas most aquaponics systems are not soil based, so they grow their food directly in the water. Aquaponics is done to avoid some of the negative aspects of soil-based farming, which includes weeds, insects, animals, the physical work required for soil-based farming, and the knowledge required to properly grow food in the soil. It uses fish effluent (liquid waste), which contains all the essential nutrients for a plant to grow. This is mostly done using fish tanks, because a fish tank can also purify the water, but different methods have been used depending on how many plants you're trying to grow. Personally, for my experiment in high school, we used one large fish tank to grow foods in order to see how the process would work, and we learned a lot about aquaponics in the process, but Allen still uses soil, stating "I'm a soil man, so, we have a soil based aquaponics system." For his system, they put the compost in cups, and they still grow the food in the soil; however they use a wicking mechanism to wick the fish effluent into the roots of the soil, which is something that I found extremely interesting because I hadn't heard of anything like this being done before.

Throughout the interview, he talks a lot about different methods he uses for growing food and how it's done, which is something I didn't see explored as much in "The Good Food Revolution." I found it to be very interesting, and just the total interview overall very interesting, with very good questions being asked. The only complaint I had, which isn't anything major, is just that Will Allen talks really slow, which is really annoying to me, but other than that I really enjoyed listening to the interview and found it very interesting. In "Agricultural Biodiversity and Global Food Security," Mauricio Lopes discusses how sustainable use of water will be important for the future of agriculture. "Innovations to rationalize the use of water and to avoid or reduce its waste will be critical to meet the growing demand for food, with minimal environmental impacts. Access to genetic variability and to biotechnological tools and processes to empower crop breeding will be essential to make crops increasingly efficient in the use of water," he says. Aquaponics is a good way of doing this, because it uses fish effluent, which is considered to be waste, in order to grow food. Aquaponics uses only 1/10th of the water that is used with soil-based gardening. The system that Allen discusses during the interview may not be the best way to use Aquaponics in terms of rationalizing the use of water, but it does take advantage and reuse waste. He brings the idea of aquaponics to a large group of people who may be unfamiliar with what aquaponics is, which could increase awareness and maybe get more minds talking about it. It could also get people looking for ways to innovate in the field of aquaponics so that maybe one day our entire food system could take advantage of aquaponics, or at least some aspect of it, so that we can cut down on waste and increase efficiency.



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Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

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The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

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If you wish to

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# arts & entertainment

FRIDAY, DECEMBER 9, 2016

as of Dec. 7, 2016

## Top 10 singles

1. Rockabye – Clean Bandit
2. Black Beatles – Rae Sremmurd Ft Gucci Mane
3. Starboy – Weekend Ft Draft Punk
4. Say You Won't Let Go – James Arthur
5. Shout Out To My Ex Little Mix – Little Mix
6. Sexual – Neiked
7. Don't Wanna Know – Maroon 5 Ft Kendrick Lamar
8. 24k Magic – Bruno Mars
9. I Feel It Coming – Weekend Ft Draft Punk
10. Closer – Chain-smokers Ft Halsey

## Top 5 Albums

1. Hardwired To Self-Destruct - Metallica
2. 24k Magic – Bruno Mars
3. The Weight Of These Wings
4. A Pentatonix – Pentatonix
5. We Got It From Here... Thank You – A Tribe Called Quest

## Top 5 Movies

1. Moana
2. Fantastic Beasts and Where to Find Them.
3. Arrival
4. Allied
5. Doctor Strange

## Upcoming Dvd's

1. Little Man
2. Miss Peregrine's Home For Peculiar Children.
3. Suicide Squad

## Childish Gambino: Awaken, My Love album review

**David Tausche**  
Voice Contributor

Well, Childish Gambino aka Donald Glover is back, and he is flipping the script on all of us! Childish Gambino is here with his third full length *Awaken, My Love* and let me tell you, it's weird. I was hyped to find that this album is listed as an R&B/Soul album.

I personally wasn't a huge fan of his last album, *The Internet*, but it did have a few songs I enjoyed, such as "The Worst Guys," "Shadows," and "Sweatpants." Overall, though, it wasn't for me. One thing I did like about because "The Internet" was the album art! That stood out to me, even though it was simple.

I really enjoyed it! *Awaken, My Love* is a wonderful change of



pace!

From what I've heard so far, I really enjoy the first track and first single off the album, "Me and Your Momma." Another I like is "Zombies," which has such a weird and creepy vibe to it, but I love the funkiness of it.

Another favorite is "Redbone." While the vocals aren't my favorite on this track I can get past them because the beat is

funky and upbeat, so much so that you can really groove to it.

So far, I think the album is okay. One thing I will mention is the album art; I am not a fan.

I could get past it at some point if/when I buy the physical copy, but it just creeps me out and I'm not sure what he was going for with it.

If the album art has a point, I have missed it complete-

ly. I've never been a huge fan of Childish Gambino, and I honestly enjoy his other work—such as his acting and comedy—over his music. This album is, however, going in the right direction.

Infusing elements of R&B and some jazzy beats with a lot of soul in the mix shows that Childish Gambino is expanding and isn't afraid of experimenting with new sounds and a new feel.

Regardless of what others think he is going to do what he wants to just because, and there's nothing wrong with that. *Awaken My Love* gets one thumb up! It's good, not great. But hey, my opinion could change!



# gail's guidance

Dear Gail,

So, I was on the shuttle a few weeks ago minding my own business when I met an extremely strange guy. I first noticed him staring at me from afar and then realized as people were getting off he was getting closer. Of course we both got off at the same stop, and he asked for my phone number. I should have said no, but sadly I'm a nice person. Now he has added me on every social media and won't leave me alone. He's even showed up to my apartment several times. How can I put a stop to this?

The Stalkee

Dear Stalkee,

Sounds like you've gotten yourself into some trouble. Sadly, there is no easy way to get away from this kind of person. It's going to be a long and painful journey for you, but there are a few strategies to help with this issue. First off, never leave your place without a buddy; 24-hour protection is essential. Also, make sure to always keep a look out. Noticing the person from a distance will give you an opportunity to book it. Make it clear that you are not interested, but maybe use gentle words just in case they're a serial killer. Pretending you have a boyfriend is always an option too, and saying that he is 6 foot 2 and 250 pounds may benefit you. As for social media, you just gotta let it happen; if you cut him off too much, he might snap. Lastly, watch a few YouTube videos on self-defense . . . you never know what could happen. May the odds be ever in your favor.

Ya girl Gail



# lifestyle health & wellness

FRIDAY, DECEMBER 9, 2016

## What's a gram gonna do?

**Kat Pisani**

*Voice Contributor*

**What's a gram gonna do?** Grams of sugar, that is, and how much damage it does to your body and how many chemicals form those tasty grams of sugar. Most college students don't understand what sugar can really do to the body when consumed in excess.

On average, women should consume 25 grams of sugar a day, while men should have 37.5 grams per day; however, the average American is consuming 76.7 grams per day, which is well over two times the healthy amount allowed. So what does that mean? What does that do to our bodies?

Well, diseases for starters—like liver disorders, diabetes, acid buildup in the body, and obesity. So, as a college freshman, I made a goal for myself to eat healthy and not overdose on sugar my first semester in this new environment.

Before I did that, I wanted to know just how bad sugar and chemicals can be to your body. When fructose—sugar—enters the body, it triggers a mountain of chemical effects, especially on the liver.

Give the liver enough fructose and tiny fat droplets begin to accumulate in liver cells. This buildup can lead to nonalcoholic fatty liver disease, because it looks just like what happens to the livers of people who drink too



much alcohol.

The liver uses fructose—a carbohydrate—to create fat in a process called lipogenesis, which causes fat buildup in the liver. Nonalcoholic fatty liver disease impacts 70 to 90 percent of obese people, and those who have diabetes. It not only fattens the liver, but sugar can cause increase of LDL—bad cholesterol—and increase blood pressure. Have you ever been sitting in class daydreaming and just thinking to yourself, “wow I wish I had a candy bar right now.”

I thought so. But, I bet you've never been craving diabetes, right? Did you know that type two diabetes and candy bars are related? Excess sugar found in candy bars can lead to fat buildup in the body which is what leads to type two diabetes.

While not everyone with type 2 diabetes is overweight, obesity and lack of physical activity are two of the most common causes of this form of diabetes. It is also responsible for nearly 95 percent of diabetes cases in the United States, which comes out to about 29 million people with diabetes.

Although there are many causes of obesity—lack of exercise, excess calories, etc.—eating too many foods with sugars, like candy or soda, can cause weight gain. In turn, weight gain can increase a person's risk for developing the disease. With this information in mind I made it my mission to find a healthy granola bar, because who doesn't like granola bars? I could not find one that was low in sugar and free of chemicals, so I went

out on a hunt.

Save yourself the trouble of googling “healthy granola bars,” because the only results you will get are bars that only have two ingredients, yet somehow have 24 grams of sugar (I'm looking at you, “That's It” bars.) So, I decided to keep my search local and look to the Marketplace in New Hall to see some of the granola bars they sell.

Once I found the specific bars I wanted, I began to critique the ingredients and the amount of sugar in each bar. Let's start with Kind Bars. These small little bars seem—and claim—to have loads of antioxidants and other health benefits, but we've been fooled by food before. Popular flavor “Fruit and Nut” has a whopping 13 grams of sugar for just a

small granola bar. To me, what was most shocking were the ingredients that make up this supposedly healthy snack bar. Some ingredients include vegetable glycerine, soy lecithin, and citrus pectin, which most people can't even pronounce. Vegetable glycerine comes from a substance that is found in many soaps, cosmetic products, toothpastes, and shampoos.

The FDA claims that soy lecithin “may not be as safe as manufacturers make it out to be” due to the fact that it can cause bloating, diarrhea, mild skin rashes, nausea, and stomach pain. Although citrus pectin does have many health benefits, there are other uses that make eating it very off-putting.

Some people apply pectin to the skin to protect raw or ulcerated mouth and throat sores, and it is also used to thicken stools. These questionable ingredients and the high amount of sugar do not add up to a healthy food. Next let's look at Luna Bars, a tasty little treat that comes in more flavors than one can count, but what is in one of these bars?

Flavor “Lemon Zest” tastes great, but also has 10 grams of sugar, and some confusing ingredients. Organic Brown Rice Syrup and Organic Dried Cane Syrup are two of the ingredients in this snack. It seems healthy because of the word “Organic,” right?

Actually, both ingredi-

see **Pisani** on page 30



# On Stress...

**Sarah Rayner**  
Voice Columnist

It's the most wonderful time of the year. You will surely come to this conclusion if you ask any cheery holiday song dominating the airwaves of any local radio station; however, no matter where you find yourself on the Westfield State University campus, you may find some passionate dissent.

In typical December fashion, stress levels have risen just as quickly as the temperatures have plummeted. 'Tis the season for final exams and papers, excessive amounts of caffeine, and too little sleep. The promise of winter break seems so close, yet so far away, as we make the final push toward the end of another term.

In the thick of all of the adrenaline-fueled studying, it is often easy to forget about ourselves. As students, we often have our eyes so keenly on the prize that we let our stress get the best of us. So much emphasis is placed on deadlines, word limits, and straight-up night-before cramming for exams that other important parts of our lives tend to fall to the wayside.

We live in a culture in which it is commonplace to defer gratification for a later date in order to get the job done. As a result, many of us find that our health and well-being suffers greatly. Many students are surprised to learn that there are many



PHOTO: FROM PSYCH2GO.NET

little-known ramifications of stress that can be troublesome if they exist for too long.

It is widely believed that stress is solely a mental monster, when in reality it can affect the body as much as the mind. Stress can not only make you feel anxious mentally, but it can also cause anxiety-related nausea, vomiting, and weakening of your immune system.

This means that you could become more susceptible to catching seasonal illnesses like the flu. I am no stranger to the end-of-semester battle with stress and sickness.

I found myself sidelined and panic-ridden on many end-of-semester nights in my first few years of college. Through trial and error, I learned some fool-proof tactics to battling the rising stress

levels that come with this time of the year.

I found that it helps to be mindful of your stress levels. What are you feeling right now? Does your body feel tense? Do you have a headache? If so, don't judge your stress reaction as "good" or "bad." Simply take an inventory of how you're feeling. This will help you to calm down, and to also be aware of what your body does when it gets too wound up. If you're extremely stressed at the moment, try some deep breathing exercises.

The most effective exercise that I have found is inhaling for four seconds, holding your breath for seven seconds, and exhaling for eight seconds. This helps to slow your body down. Other in-the-moment stress relievers that I have found helpful

are taking a long shower, sleeping, hanging out with friends and family, and petting an animal.

There are also preemptive measures that you can take to keep yourself from becoming stressed in the first place. Time management is one of these strategies.

The number one rule for the end of the semester is that it always helps to plan ahead. Personally, to help combat my stress, I make a prioritized to-do list on a dry erase board secured to the back of my bedroom door. That way, it's easy to add and subtract chores, and to move items to the top or bottom of the list.

Next to my door, I have a monthly calendar with a multitude of important dates scrawled out. It is important for me to have these on/next to my door

so that I am constantly reminded of pressing dates and assignments. In my experience, I've

found that saving an assignment until the last minute causes an immense amount of undue stress that I would rather avoid at all costs. There are also a few lifestyle changes that can help reduce your stress. These are as simple as making sure that you're eating three meals per day.

I am notorious for getting caught up in my work and forgetting to eat for hours. This only makes you more anxious and stressed in the end! Another simple stress-reducing activity is to exercise. Sleep also plays a huge role in your survival of the final weeks of the semester. Did you know that the role of sleep isn't only to allow you to rest?

It also recharges your brain and internal drives—such as your sexual impulses—and also reduces anxiety. Reducing your use of caffeine and alcohol and staying hydrated can also play a huge role in preventing stress in your life. Whether you're a freshman or a senior, you may find yourself being affected by the immense pressure that the end of the semester brings upon us all.

Throughout this time, make sure to enjoy your time with your friends and leave time to care for yourself. Study hard, and good luck!



# American vs. Kazakhstani food: which is better? Part 1

*This is the first part in a two-part series written by Emmy McCarron.*

## Emmy McCarron- Voice Contributor

I find it fascinating that another culture's food differs so much from ours, not only in what they eat, but also in how they eat it. We hear a lot about American food being unhealthy or the portion sizes being too big. In the documentary "Hungry for Change" it states that the average American consumes more than 150 pounds of sugar each year.

The documentary emphasizes that we are no longer eating real food, but rather "food-like products," which includes all of the processed, unhealthy foods that we consider to be normal. We are also told that not only are we eating unhealthy, but we also aren't eating the "correct" way. According to Brian Wansink, the author of "Mindless Eating," we overeat because of what's around us, rather than just how hungry we are.

We eat a lot of food on the go—such as grabbing Dunkin Donuts on the way to class—and we also eat with a lot of distractions—such as the TV or our cell phones. Perhaps we don't value our food as much as other countries do. These facts may sound concerning; however, is our food really that bad? Are other countries eating better?

I worked with a girl from Kazakhstan last summer and remembered her saying that she felt the need to work out everyday and eat lots of salads to avoid gaining weight from American food. It made me think about how our food in America must be a lot different than her's in Kazakhstan and in other countries.

After learning so much about food in US in English class this year, I decided to interview my friend from Ka-

zakhstan to see how different our food really is.

Q. Do you prefer food from the US or food from Kazakhstan? A. It can be a bit challenging to answer, because on one hand, I love American food. There's an incredible variety of different cuisines, from Mexican and Italian to Thai and Chinese.

Also, the desserts there are amazing! On the other hand, all those amazing meals are usually really bad for our health, because it just means that there's more sugar and fat added to them to make the meals taste better. In Kazakhstan we may not have as many flavors of ice cream, but at least our ice cream is real.

So, as much as I love American junk food, food in Kazakhstan is definitely better for me.

Q. What are some typical foods/meals in Kazakhstan? A. Our cuisine is a rich mix of traditional dishes of Russian and other Central Asian cultures, which is why we have a lot of different dishes. Most of them are quite heavy for the stomach, though; almost everything is made with meat and dough.

Our main traditional dish is called Beshparmak (literally means five fingers, because it was traditionally eaten with hands), and it's made of horse meat (yes, it's very popular in my country), boiled potatoes and something like lasagna sheets and onions.

It's kind of hard to explain, so here's a picture if you are curious. But we also have a lot of meals with rice and beef, all kinds of recipes with chicken and lamb, and other vegetables – even though a meal without meat is somehow considered incomplete.

Q. How do your portion sizes compare to American portion sizes? A. This is a great question, because American sizes are just ridiculous. Whenever I go to a grocery store to pick up a chocolate or a bag of chips or cookies for the evening, I always get so frustrated, because they



are usually sold in big, family-sized bags. Of course, I end up buying that one and eating the whole thing by myself. Why can't there be more smaller sizes? Also, portions in restaurants amaze me.

Even though I really like how easy and cheap it is to go out to eat in America, the sizes of meals are insanely big. How can a person possibly eat pasta of that size? It's great that it's so easy to order food or go out to a fast food place in the States, but people end up overeating.

Q. Do you eat three meals a day- breakfast, lunch, and dinner? Do you also have desserts/treats/ sweets everyday? A. Yes, we always eat three times a day, it's very important. Also, one of the biggest things is drinking tea, usually shortly after lunch and dinner – or, actually, at any time of the day. It's not just drinking plain tea; people usually eat cookies or chocolate or some kind of pie or something like that. It's a great bonding time, so it's very often that co-workers drink tea together a couple times a day, or you gather together with your family and drink tea. Also, if a guest comes to your place, it is a must to serve them tea with sweets.

Q. Who usually prepares your food? How do they prepare it? A. In my family, my mom or grandmother usually cooks. Cooking is still considered a woman's job. We prepare everything from scratch. It was funny to me how one of the most traditional

American meals that even kids eat, mac and cheese, is usually prepared by buying a mix in a box and then just adding water, oil etc. For us, no

respecting woman would ever buy something from a store and then just follow instructions on the box. Yes, it does take a lot more time that not all of us have, but somehow women in Kazakhstan manage. And the result is really worth it.

Q. How do you eat your food? Do you eat as a family? Do you go out to eat at restaurants? Do you have fast food restaurants, if so which ones? Do you ever eat in front of the TV? A. In Kazakhstan, if you go to a restaurant, you usually get a quite small meal for a lot of money, which is why people mostly eat at home and go out only for a fancier meal to a nice place.

When I was still in school, me and my friends would sometimes go out to eat to cheaper places, kind of like fast-food, but different from American fast-food. It is not always pizza and hamburgers and cheeseburgers, but usually just cheaper versions of "healthy" meals, like rice and chicken or something like that. In our capital, we have KFC and Burger King, and last year those opened in my city as well.

Fun fact: we didn't have McDonalds in Kazakhstan until last year, when it was opened in Almaty, our largest city. It's because our President has always been against McDonalds in our country, because of how unhealthy it is. However, the person who managed to open this first McDonalds is the President's relative, so guess how he got that permission.

And this is how things are done in my country, but this is a whole other topic. Also, eating as a family is very important. We usually can't have lunch together, because some are at work, others are at school, but for dinner, we always wait for each other to get home and then eat together. No TV. I remember when I lived in an American family for a year while I was on an exchange program, and not a single time did we eat together.

Everyone just kind of ate whenever he or she was hungry. Or, sometimes when we did eat together, it was sitting together in front of a TV. This was insane for me, because dinner in Kazakhstan is the time you get to talk to your family, discuss certain issues, tell each other about how our day was and so on.

Q. Were there any stereotypes or things said about Americans and their diet that you heard about before coming to the states? If so, after being in the US, would you agree with the stereotypes or things said?

A. There were tons of stereotypes that I heard – mostly not the pleasant ones, but I won't be able to list them all. Unfortunately, most of them turned out to be true, even though I understood it much later, only as I grew up. I guess, the ones about food were mostly true, because I knew that a lot of people get fat in America, because of how greasy and unhealthy almost everything is.

Q. Are there any foods that are banned in Kazakhstan that Americans eat? A. Not that I can think of. However, there's something that is very common in Kazakhstan, but banned in America, I think—horse meat. Q. For school lunches in the US, pizza and french fries are considered vegetables. There are very few healthy and nutritious options for kids. What are the school lunches in Kazakhstan like? A. We don't have the same concept of lunches in our schools like in America.

Usually, during a break, we go to our canteen and choose whatever we want to buy. There are tons of pastry, sweet or savory that people buy either for breakfast or just for snack, tea, coffee, juice, water. There are also a few kinds of salads one can buy, and, of course, at least five options for a meal. Usually, it's chicken with rice, or manty (something like dumplings/ravioli

see McCarron on page 29



# Sugar substitutes: healthy or unhealthy for you?

**Kara Fluet**

*Voice Contributor*

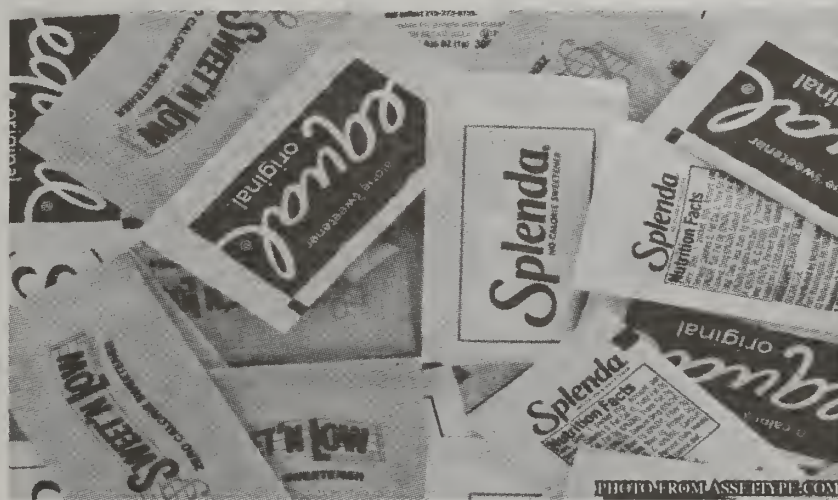
**Sugar is a huge part of what we consume on a daily basis. It leads to obesity, tooth decay, and overall, it is not a substance that is good for our health; however, we still find ourselves mixing it into coffee, sprinkling it over cereal, and generally eating foods with large sugar contents. At this point, it's common knowledge that too much sugar is bad for us.**

"Americans eat 165 pounds of added sugar each year, and sugar substitutes are on the rise as well, which are hundreds of times sweeter than table sugar," says Frances Largeman-Roth, RD, author of "Feed the Belly" and co-author of "The Carb Lovers Diet."

There has been controversy for a while over whether sugar substitutes are actually good for your health. The truth is that there are both good and bad sweeteners out there. We should all be aware of which ones are good and bad for our health. Whether you're into baking at home or trying to buy the right products at the grocery store, it's important to know which sugar substitutes to choose and which to avoid. Worst Sugar Substitutes. Equal.

This popular sweetener is made from aspartame, which can cause headaches and, even worse, an increased risk for heart attack and stroke. Aspartame can be found in over 6,000 products (often "sugar-free" or diet products) such as instant breakfasts, breath mints, cereals, shake mixes, soft drinks, yogurt, sugar free gum, tea and coffee beverages, multivitamins, and tabletop sweeteners. It accounts for about 75 percent of the adverse food reactions reported to the FDA.

A few of the many disorders



associated with aspartame include birth defects, brain cancer, diabetes, emotional disorders, epilepsy/seizures, etc. So why don't we hear or do anything about these dangers? This is because there is a lack of awareness of this situation by the general public and most people don't associate their symptoms with the long-term use of aspartame.

High fructose corn syrup. The most dangerous of all refined grains is high fructose corn syrup. Decades ago, sugar was a lot different mainly because it was "real" sugar. Now, in our generation, manufacturers have come up with a way to make many different types of sugars that we refer to as "fake." The amount of sugar we consume has actually declined over the past 30 years, but we're consuming almost 20 times as much high fructose corn syrup which is even worse.

Some studies have shown that we take in more calories from this than any other source. The scary thing is this is in almost everything. Too much of this product will hurt our bodies and processes in numerous ways. For example, it can increase the risk for diabetes, obesity, and other metabolic disorders. Fructose moves quicker in the digestive system than glucose, so it may

be harder to feel full, making you want to eat more. Sweet n' Low. Sweet N' Low contains saccharin, a white crystalline powder that is 200 times sweeter than sugar.

Studies from the 1970s show that rats who consumed the sweetener showed a higher risk of obtaining bladder cancer, and while the effect has not yet been shown in humans, the Center for Science in the Public Interest still believes saccharin to be unsafe and has listed it as a sweetener to avoid. The chemicals found in artificial sweeteners like this one can cause inflammation, hormonal imbalances, and chronic disease such as diabetes, heart disease, and cancer.

Best Sugar Substitutes. Raw honey. Raw honey is not only all-natural, but it contains antibacterial properties, especially in the darker varieties. Studies have also shown that people who consumed honey instead of sugar showed a reduction in both their body weight and fat, meaning it is healthier while dieting. It also has a molecular structure that resembles glucose, making it easy for the body to digest. Coconut sugar.

Coconut sugar has a similar taste to brown sugar and contains a variety of antioxidants, vitamins, and minerals that

white table sugar doesn't have. This also has a lower glycemic index than refined sugar, keeping your blood sugar and insulin levels more steady. According to the Phillipine Department of Agriculture, coconut sugar contains several nutrients.

The most notable of these are the minerals iron, zinc, calcium, and potassium, polyphenols and antioxidants that may also provide some health benefits. Then it contains a fiber called inulin, which may slow glucose absorption and explain why coconut sugar has a lower glycemic index than regular table sugar. Stevia. Stevia is an ingredient in the popular sweetener, Truvia. Stevia is the number two sweetener you should really consider using on a regular basis and is especially good if you have blood sugar issues, if you're overweight or if you have diabetes.

It is derived from the stevia plant, known as an all-natural, calorie-free alternative to artificial sweeteners. The substitute has no effect on your blood sugar, and it can actually improve insulin sensitivity, which helps your body effectively use glucose for energy. Yeah, it is really hard to totally give up sugar. Actually, it is quite impossible, but it is always useful to know what is and is not okay to consume. Overall, I think the best approach to limiting sugar is to reduce the total amount of sugar you eat rather than replacing sugary foods and drinks with artificially sweetened versions.

If you have trouble limiting the amount of sugar you eat, then I would definitely start to focus on using at least Stevia, coconut sugar, or raw honey. These products are absolutely natural so there is no controversy over whether or not they are good for you.



# Owls athletics

FRIDAY, DECEMBER 9, 2016

## Athlete interview: indoor track

**Mike Stender**

*Voice Columnist*

As the cross-country season ends indoor track begins for the Owls. Indoor track is similar to outdoor track in the way that they have similar running, jumping, throwing, and pole events.

The only main difference is that an indoor track is typically 200 meters in length while an outdoor track is 400 meters. Last year the Westfield State men's indoor Track and field team won their conference MASCAC meet with a score of 220 points.

The Westfield State women's team placed 2nd overall with 187 points. Both teams have already started their season this past Saturday at Springfield College. The season lasts until February with outdoor track starting mid-march.

I was able to briefly meet with senior Ashley Monahan to discuss what it is like to be in the shoes of track and field athlete at Westfield State.

Ashley has raced for the women's cross country team—where she served as captain—as well as indoor and outdoor track for all four years of her college career.

During this time, she has received 13 MASCAC gold



2016 indoor MASCAC Champions Mike Stender and Ashley Monahan celebrating their respective wins.

medals and hopes to earn more over the course of the next two seasons. We first discussed what track means to her. For the past eight years track has been my life," Monahan said. "Every day I plan when I have

time to run and lift.

I love the team atmosphere and how it is also very individual. Everyone is like a family seeing as we spend so much time together. My events are the 400 meter dash which is

2 laps and the 800 meter dash which is 4 laps.

Monahan then spoke about the team's work ethic as a whole. As a senior, I do my best to set a good example to the underclassman since they look up to us," she said. "The team has been working very hard during workouts and lifting.

Each day is different for everybody depending on the events you do. Sprinters focus more on speed while long distance runners go for long runs.

On her personal training, Ashley talked about what she mainly focuses on. For me personally I focus on speed for workout days, but I will do long distances on my rest days. This prepares me more for the 400 and 800 meter races," she said. Ashley also talked about her preparation before race day.

The day before I make sure I eat plenty of pasta and get a good amount of sleep," Monahan said. "This way I'm prepared for a day of traveling to the meet itself, and being ready to race once my event is called."

The Owls are currently preparing for their next meet at Yale, CT, followed by the winter break then continuing the season at the end of January through February.

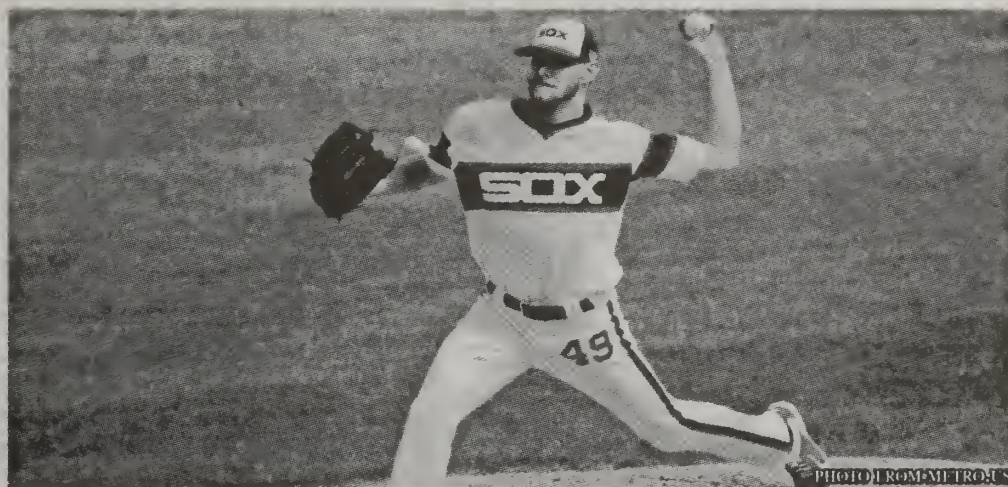


# Red Sox wasting no time in offseason

**Tim Jaroche**  
Sports Editor

After being swept-in three games into the first round of the playoffs versus the eventual World Series representative from the AL, the Cleveland Indians, the Red Sox's General Manager, Dave Dombrowski, is putting together a World Series hopeful roster. On Tuesday, the Red Sox made the deal of the offseason, acquiring White Sox starting pitcher Chris Sale.

Many teams were interested, but only Dave Dombrowski was able to put what the White Sox wanted on the table. This included Yoan Moncada, Michael Kopech, and prospects Luis Alexander Basabe and Victor Diaz. Last season Sale pitched 226.2 innings, throwing 233 strikeouts, winning 17 games, and ending the season with an ERA of 3.34. Last winter, the big move for



the Red Sox was acquiring left handed ace David Price.

Unfortunately, Price wasn't able to help them get past the Indians in the playoffs. This season's pitching staff includes Cy Young winner Rick Porcello, David Price, Steven Wright, Clay Buchholz, Joe Kelly, Drew Pomeranz, and of course five-time all-star Chris Sale. Also on Tuesday, the Sox acquired relief pitcher

Tyler Thornburg from the Milwaukee Brewers in exchange for third basemen Travis Shaw, prospect SS Mauricio Dubon, RHP Josh Pennington, and either a player to be named later or cash considerations.

The last acquisition they made on Tuesday was signing Rangers first basemen Mitch Moreland to a one-year deal, physical pending. Moreland will give them

more depth at first base and at the designated hitter position in the case that David Ortiz played his last season in 2016.

Upon the signing of Chris Sale, Ortiz took to Instagram with a picture of Sale and the Red Sox logo with the caption, "My god, my boy Sale to b-town? You guys got me thinking?" After Ortiz's incredible play last season, I don't think we can

be sure whether or not he will really retire.

Either way, the Red Sox are predicted to make a significant postseason run next season as they were supposed to this past season. Will they crack under the pressure or will they persevere in October? After their performance in the postseason versus the Indians, far more pressure will be put on them to prevail in crunch time.

With the addition of Sale, expectations are through the roof and the Sox will be playing not to lose, but instead playing to win. If they play this way I think it will be difficult for them to make a run in the post season.

They need to play relaxed and focused for a chance to compete in the playoffs, and with this kind of hype heading into the season, it may be hard to keep their heads on straight.

## Tiger returns

**Michael Witts**  
Voice Contributor

There was big news this past weekend in the golf world at the Hero World Challenge tournament: the return of Tiger Woods. Tiger's last professional round came in August of 2015, so there has been a long-awaited return for one of golf's greatest players.

Tiger has been struggling for a while now, but everyone still loves him and wants to

see him win some more majors. He currently trails Jack Nicklaus by four major victories for most all time, and many people still believe he could pass him despite not winning a major since the U.S. open in 2008.

Not only was Tiger playing a big moment for golf, but he also finished the entire tournament, and actually played pretty well.

There have been many times he tried to

return before taking about 16 months off, and he could never finish rounds, so maybe those 16 months off were much needed. He finished the Hero World Challenge at four under par and came in fifteenth place.

Now we all know that's not what Tiger has been his entire career, but it is definitely a start by one of golf's legends. His best day out of the four was definitely Friday when he posted

a score of seven under par, without making a single bogey.

Unfortunately, that was not the case every other day. When asked about how he felt being back out there Tiger said, "it feels good to be back out here playing again, competing and trying to beat the best players in the world. I missed it. I love it." He made plenty of double bogeys throughout the tournament, which really hurt his chances of

finishing much higher.

Although he did make plenty of double bogeys, he also made 24 birdies, which was the most in the field. This was a good start at yet another attempted return by Tiger Woods, and the entire world of golf should be excited to see what the future holds for Tiger.

After this tournament he now has the eighth best odds to win the masters at 20/1.



# Tom Brady breaks most important individual record

**Kyle Finnamore**

*Voice Columnist*

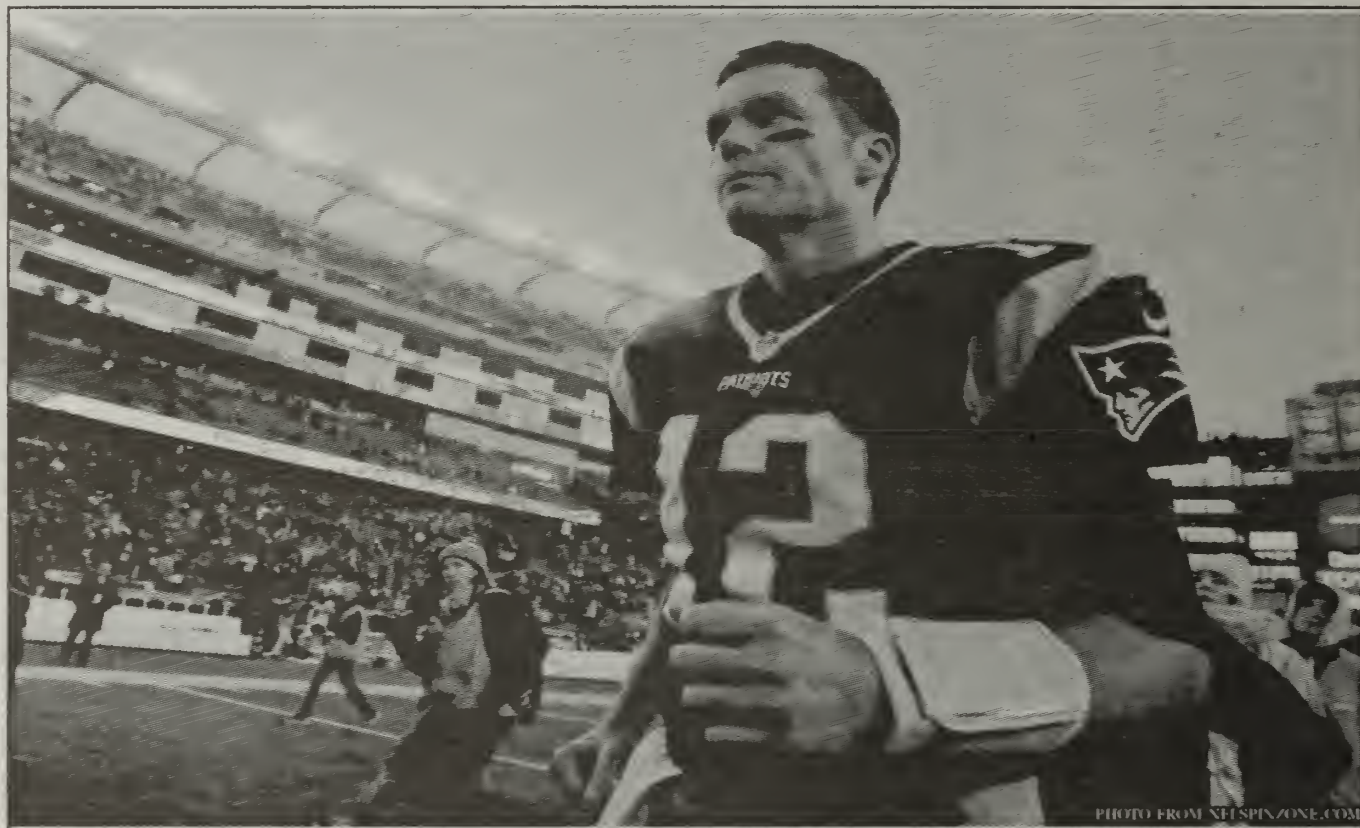
On Sunday, Tom Brady and the New England Patriots won their tenth game of the 2016 season over the Los Angeles Rams by a score of 26-10. The win helped gain another step towards the playoffs and a first round bye for the Patriots.

This game, however, was not just another regular season victory. While team wins are always the most important statistic preached in New England, there is one individual stat that cannot be overlooked.

The win over Los Angeles marked Tom Brady's 201st victory as a starting quarterback in the National Football League. Brady's 201st win officially breaks the all-time leading mark set by Peyton Manning just one year ago.

The team that this record was broken over, the Rams, seems a bit ironic as well. Brady led the 2001 Patriots to an upset Super Bowl victory over the then St. Louis Rams in a game where the Patriots were supposed to be severely outmatched.

Prior to that Super Bowl, the Rams claimed that a dynasty would be born. They were right, but not in the way that they believed. By now, the story of Tom Brady



has become well-known among sports fans as one of the greatest underdog stories ever.

He was the skinny kid from San Mateo, California, barely recruited out of high school, given a chance at Michigan, challenged by freshman phenom Drew Henson, and eventually leading the Wolverines to multiple comeback victories and a thrilling Orange Bowl win over the Alabama Crimson Tide.

The story of pick 199 in the sixth round, drafted behind six other quarterbacks in the 2000 NFL draft. The story of this kid who worked his way up the

Patriots depth chart, got his chance after an injury to franchise quarterback Drew Bledsoe, and never looked back.

The story of this kid that would eventually lead the New England Patriots to four Super Bowl titles, two more Super Bowl appearances, multiple division titles, multiple AFC Championship appearances, and being the most dominant and successful teams of the 21st century.

Not only did he lead his team to being a dynasty, but he himself was able to win three Super Bowl MVP awards, two NFL MVP awards, eleven Pro Bowls, two first

team All-Pro awards, and a long list of others. The kid that nobody ever gave a chance and even still doubt today is now the NFL's all-time leader in wins.

Brady's 201st victory almost feels like the culmination of his career. It is only fitting that Brady reaches this mark that truly shows the greatness of a quarterback. Even with all of the Super Bowl wins, this feels maybe more important.

That is because it is a stat that shows his longevity and success over this long period of time. Many quarterbacks have led teams to Super Bowls by getting on a hot streak

and even a little bit lucky, but Brady has sustained success for over fifteen years in the NFL. Most quarterbacks are lucky to have more than one good year.

At 39 years old, there is no doubt that Tom Brady is at the tail end of his career, but he is still playing at a level of the elite quarterbacks of the league and has shown no signs of slowing down.

It is impossible to tell how much longer Brady will play in the National Football League, but he is still playing at the highest of levels and breaking the all-time wins record proves just that.



from **DOYLE** on page 2

Sodexo has helped Binghamton University, Colorado College, and Georgia Tech in adopting a sustainable dining services, but was not interested in helping WSU in their transition. It's clear that Sodexo has the capabilities to assist campuses, but without their help, WSU has still gotten produce from many local farms. There is only so much that can be contributed from a small farm, however. Can local, small farms support the need of a huge college campus?

In WSU's first-year read, Will Allen's memoir "The Good Food Revolution," Allen explores the decrease in the number of small farmers and the increase in commercial farming. Allen ditched his stable job in order to start a small farm called Will's Roadside Farm Market. Becoming extremely successful, he made a difference in farming and composting.

Will Allen is the type of farmer that a self-operating and sustainable dining service is looking for: dedicated, purposeful, and provides an excellent product. He said that "almost every small farmer [he] met was struggling in the 1990s." He also stated that "Wisconsin would lose 200,000 acres of farmland in 1993 alone.

Each year from 1978 to 1992, the state lost 1,000 to 1,500 individual farms. At the same time, the average farm in Wisconsin grew by seventy acres from the late 1950s to the early 1990s." So, the number of farmers is decreasing and the amount of farmland is decreasing, but those farms still surviving are growing immensely. Small farmers struggle to survive in a world where large corporations run everything, making it almost impossible for small farms to compete.

The most difficult question that is raised when turning a campus dining services sustainable is how are we going to pay for it? It's obvious that locally and organically grown food is more expensive than other options; consumers are shown that while shopping in the grocery store every week. Many universities receive grants from organizations, such as the Kendall Foundation, but if they don't, including sustainable food can be costly.

At Yale University, the annual food cost increased from \$4.6 million to \$5.6 million after turning sustainable in the past few years. To deal with it, they have had to cut down many other expenses. Andrew Mankus, Director of Dining Services here at WSU, does not think that it will cost too much more. "Going sustainable and local does not necessarily equate to more expensive. Since we have great purchasing power, we give the local economy a boost and create a demand for product and pressure on others to purchase locally.

In turn, creating more farmers and more opportunities (a sustainable system)," he said. Clearly, purchasing local and sustainable food can be costly, but there are many ways to deal with that. What I'm saying is this: you probably didn't understand how difficult this transition actually was, and still is, for everyone involved here at WSU. I didn't either until WSU Dining Services visited one of my classes.

But, now you do! Andrew Mankus wants everyone to know this: "We're still trying to find our own identity. Be patient; we hear you, and we are always open to feedback." So, don't judge a book by its cover, and be grateful the our university is working to make positive changes.

from **CAULFIELD** on page 1

the main priorities for the chapter is the state-wide campaign to get Massachusetts to commit becoming a 100 percent renewable energy state as soon as possible.

No other state has made a commitment or passed legislation that would get them to a 100 percent renewable energy with deadlines, she said. Lastly, Gibe said another important campaign for next semester is college affordability. She said that at Westfield the campaign would push for open education resources and cheaper textbooks. MassPIRG would help teachers create their own textbooks for their class or find free books for their students.

Gibe stated that next semester Westfield will be receiving a new full-time coordinator for the MassPIRG chapter, Kane Sheek, who will join after his training is complete. After the two guest speakers, Shayna Arnott, representative-at-large, gave the food committee report.

Arnott announced Ely Harvest will become a full scale make-your-own sandwich station for the spring 2017 semester. [There will be half a dozen sandwiches already prepared as well, and she said that the soup, salad, and smoothie options will still be present.

TJ Bistro's grab-and-go, starting on Dec. 12, will have new hours that start at 7:30 a.m. and run until 7:30 p.m., Arnott announced. She said

there will be five consistent options from lunch to dinner. The options are: sushi, sandwiches or salads, pizza, burgers, and a rice bowl. You can use two meal swipes a day. A swipe includes an entrée, two sides, a dessert, and a drink, Arnott said.

Finally, Maddie Creamer, president of the class of 2018, announced she will be stepping down as the president of her class. She said she is studying abroad in Italy for the spring 2017 semester.

Creamer has already found a designee, and they will be appointed at the first SGA meeting of the spring semester. The next meeting of the Student Government Association will be on Jan. 24, 2017 at 5:30 p.m. in the Peter D. Mazza Student Government Room in the garden level of Ely by Dunkin' Donuts.

**\*\* If you are interested in covering and writing about the Student Government Association, please contact The Voice's email, thevoice@westfield.ma.edu, to get an application sheet. I will be stepping down from my position after almost four years of covering SGA. It has been a rewarding and eye-opening experience.**

I hope the next student will have the same experience and continue being an objective voice for the University. If you have questions for me, you can reach me at rcaulfield6821@westfield.ma.edu.

from **McCarron** on page 27

with meat), beef with potatoes and a few choices of soup. It can be a bit expensive, which is why many times I brought something from home, but generally it was a great variety.

Why does everyone have to eat the same thing and pay the same price when they can choose exactly what they want and how much they are willing to spend on lunch? Q. Do you eat food in Kazakhstan that is genetically modified? A. We probably do, but not as much as in America. The vegetables and fruits that you buy in a store are usually real, and you don't have to go to a special market or pay twice as much for an organic sticker on those.

I mean, we also have those markets that are more expensive and better quality, but generally, even the average quality products are tastier than the ones in America. However, I understand that it is much, much harder to grow food for 300 million people. Q. After eating US food for a whole summer, did you feel any differently versus eating food in Kazakhstan? A. First of all, I feel much fatter. I can feel how much my stomach expanded and how I have to eat more to get full. The worst part? The food digests so easily, and even though it feels like I ate oh-so-much, I get hungry or crave some sweets or snacks shortly after a big meal. Of course, I feel very happy when I get to eat my favorite ice cream, but I know that it's very bad for me.

Q. In Kazakhstan, was all your food local and fresh?

A. Generally, yes. People are used to having good quality of food.

Q. Do you have any other thoughts that you'd like to share on how food in the US differs from food in Kazakhstan? A. I think that's about all. Of course, I love American food, because of how diverse it is, but it makes me feel very bad about myself. The sweets that you have are amazing, but I'm lucky I get to have them only once a year at most.

**Were you on your high school's yearbook staff? Then you should work for The Westfield Voice!**

**Contact**

**thevoice@westfield.ma.edu if you are interested**



from **PISANI** on page 24

ents are just fancy words for sugar and still raise blood sugar levels, just like normal sugar. The reason that these companies can get away with listing sugar with a different name is because this kind of sugar absorbs in the body differently than other sugars. Throwing the word "organic" around like it's going out of style is a strategic and manipulative way the food industry tricks consumers into thinking that their product is healthy.

Finally, I looked at Quest Bars, a popular pre or post workout bar that has 20 grams of protein, so they seem healthy, but are they? Vanilla Almond Crunch has only one gram of sugar! I repeat, one gram! But, what's really in them? Looking deeper into their ingredients, they have only one faux sugar ingredient, sucralose, but it is the last ingredient. The further down the ingredients line an ingredient is, the less there is of that ingredient in the product.

For example, if water was the first ingredient, then the product is more water than anything else. Of course, no snack is perfect, but this snack is by far the best one for you out of the ones I looked at in the Marketplace. Now that you're fully loaded with this new information, what are you supposed to do with it? Take the information and use it next time you go to reach for a granola bar, and take a look at its sugar content and ingredients. Most people would normally just look at calories, which mean very little in the grand scheme of things.

Don't be a calorie counter, but instead be a sugar warrior and be mindful of the kinds of foods and chemicals that go into your body. Food should not control your life but it should be something that you are conscious of throughout your day. I hope you consider this next time you reach for that treat.

from **MRCER** on page 7

take life too seriously. You only live once; make the best of it." Brandon is a student leader that emulates what it truly means to serve those around him.

His dedication to the student body and the university as a whole is something to be admired, and I truly believe that he has the best interests of the students in mind. He is a great representative for our campus, and our voices will certainly be heard because of his presence on the board.

## Resources for Reporting Sexual Misconduct

### POLICE

Westfield State University Police x5262 or (413) 572-5262

Police 911

### MEDICAL SERVICES

Westfield State University Health Services x 5415 or (413) 572-5415

Baystate Medical Center Emergency/ Sexual Assault Nurse Examiner (413) 794-3233

Noble Hospital Emergency Room (24 Hours) (413) 568-2811

Cooley-Dickinson Hospital/Sexual Assault Nurse Examiner (24 Hours) (413) 582-2000

### COUNSELING SERVICES AND SUPPORT

Westfield State University Counseling Services, Lammers Hall Annex x5790 or (413) 572-5790

Albert and Amelia Ferst Interfaith Center (413) 572-5567

Employees' LIFEWORKS (Employee Assistance Program) 1-888-456-1324

YWCA of Western, MA (Springfield, MA) (413) 733-7100

New Beginnings (413) 562-5739

Domestic Violence Shelter Services Day number: (413) 732-3121

and 24 Hour Hotline 24 Hour Hotline: (413) 733-7100

Employees' LIFEWORKS 1-888-456-1324

Every Woman's Center (Amherst) (413) 545-0883

Resource and Referral 24 Hour Hotline: (413) 545-0800

Helping friends heal  
Overcome family issues of  
Mental Illness and addiction  
Everyone Belongs

# HOME

Do you have a close family member that suffers with alcoholism and/or a mental illness?



This group will focus on how the illness may affect you, as well as a time for sharing for those who feel comfortable

Wednesdays at 3:30 p.m.  
Located in the Counseling Center  
Lammers Annex



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|   | 5 | 9 | 3 | 7 |
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## Christmas Gift Ideas

R S O C K S C E F B T P B D E C G  
 E H N H R O E R C E A R L M O U I  
 T I S O O E A T S A A K U A M L L  
 A R C K I C A L A C L F I E N A L  
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BAKING  
 BELT  
 BOOK  
 BRACELET  
 CANDLES  
 CANDY  
 CHOCOLATES  
 CLOTHES  
 COFFEE MAKER  
 COFFEE MUG  
 COLOGNE  
 COOKIES  
 DOLL  
 EARRINGS  
 ELECTRONICS  
 FLOWERS  
 GAME  
 GIFT BASKET  
 GIFT CARD  
 HERBAL TEAS  
 JEWELRY  
 MONEY

MOVIE  
 MUSIC  
 NECKLACE  
 NECKTIE  
 PANTS  
 PENDANT  
 PERFUME  
 PLANT  
 SCARF  
 SHIRT  
 SLIPPERS  
 SNEAKERS  
 SOCKS  
 STUFFED ANIMAL  
 SWEATER  
 TELEVISION  
 TOOL SET  
 TOY  
 TREE ORNAMENT  
 WATCH  
 WINE

# Games & Leisure Maze

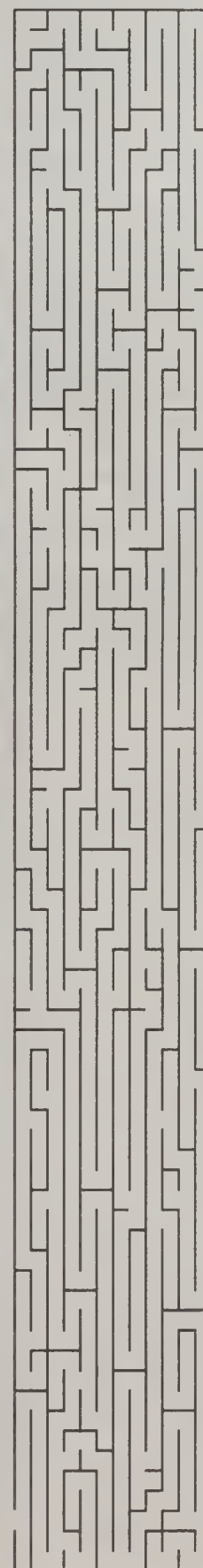
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| 17 |    |    |    |    |  | 18 |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    |    |  | 21 |    |    |    |    | 22 |    |    |    |
|    |    |    |    | 23 |  |    |    | 24 | 25 |    |    |    |    |    |
| 26 | 24 | 28 | 29 |    |  |    | 30 | 31 |    |    |    |    |    |    |
| 32 |    |    |    |    |  | 33 |    |    |    |    | 34 | 35 | 36 |    |
| 37 |    |    |    |    |  | 38 |    |    |    |    | 39 |    |    |    |
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|    |    |    | 43 |    |  |    |    | 44 |    |    |    |    |    |    |
|    | 45 | 46 |    |    |  |    |    | 47 |    |    |    |    |    |    |
| 48 |    |    |    |    |  | 49 | 50 | 51 |    |    | 52 | 53 | 54 | 55 |
| 56 |    |    |    |    |  | 57 |    |    |    | 58 |    |    |    |    |
| 59 |    |    |    |    |  | 60 |    |    |    | 61 |    |    |    |    |
| 62 |    |    |    |    |  | 63 |    |    |    | 64 |    |    |    |    |

### ACROSS

1. Fleeced
6. "Oh my!"
10. Quash
14. Foreword
15. Lubricate
16. Portent
17. Shorthand
18. Secluded valley
19. Alley
20. Flip
22. Jar tops
23. Suffering
24. Bobbins
26. Dung beetle
30. Anagram of "Diary"
32. Amalgam
33. Motorboat
37. A Maori club
38. Numbskulls
39. Affirm
40. Patronized
42. Cacophony
43. Motherless calf
44. Lemon or canary
45. Housemaids
47. Woman
48. Give the cold shoulder

### DOWN



49. Seducer
56. Data
57. Arab chieftain
58. Avoid
59. Ballet attire
60. Eat
61. Light wispy precipitation
62. Narrow opening
63. Droops
64. Duck down
28. Countertenor
29. Circuitous
30. Foolish
31. Blown away
33. Minute opening
34. Egg-shaped
35. Relating to aircraft
36. An old spelling of "True"
38. Dog sleighs
41. Comes after Mi and Fah
42. Accept as true
44. Long-haired wild ox
45. Void
46. Muslim jurist
47. Coils
48. Seats oneself
50. Dogfish
51. Little dent
52. 57 in Roman numerals
53. Piecrust ingredient
54. Border
55. Back







## THIS WEEK'S EVENTS

| Date  | Time   | Event Name                                                                                                                | Location           |
|-------|--------|---------------------------------------------------------------------------------------------------------------------------|--------------------|
| 12/9  | 9-3p   | Winter Fest Craft Fair                                                                                                    | Ely Lobby          |
| 12/9  | 11:30a | Global Women's History Project: Living Room Conversations                                                                 | Bates 118          |
| 12/9  | 7:30p  | WSU Dance Company Presents: This is what you came for Tix:\$3                                                             | Dever Stage        |
| 12/11 | 11a    | Sunday Mass                                                                                                               | Interfaith Center  |
| 12/12 | 5p     | Meditation Club                                                                                                           | Interfaith Center  |
| 12/12 | 6p     | Drop-In Writing Help — Great for help on final papers!                                                                    | Ely Library        |
| 12/12 | 6:30p  | Sigma Tau Delta Peer Mentoring                                                                                            | Bates 126          |
| 12/13 | 11-5p  | Common Goods Food Pantry — FREE & OPEN TO ALL!                                                                            | 2nd Cong. Church   |
| 12/13 | 5p     | Indoor Cycling — FREE! No membership required!                                                                            | Ely Fitness Center |
| 12/13 | 6:30p  | Bible Study/Christian Fellowship                                                                                          | Interfaith Center  |
| 12/14 | 11-1p  | Pet Therapy — PET THE PUPPIES!!!       | Ely Campus Center  |
| 12/14 | 11:30a | Commuter Luncheon—Hosted by Student Affairs                                                                               | Tekoa Room, DC     |
| 12/14 | 12:15p | Mindfulness-Based Stress Reduction Meditation                                                                             | Interfaith Center  |
| 12/14 | 1:45p  | Community Group Exercise Classes                                                                                          | Woodward Center    |
| 12/15 | 7a     | Indoor Cycling — FREE! No membership required!                                                                            | Ely Fitness Center |
| 12/15 | 10-5p  | VENDOR: Hudson Vintage Pulp & Rocket Works                                                                                | Ely Lobby          |
| 12/15 | 5p     | Multicultural Student Association — OPEN TO ALL!                                                                          | Unity Room, Ely    |
| 12/15 | 7p     | Newman Club                                                                                                               | Interfaith Center  |
| 12/16 |        | LAST DAY OF CLASSES! FINALS WEEK 12/19-12/22                                                                              |                    |
|       |        | GOOD LUCK! STUDY HARD! YOU WILL PASS!  |                    |

Lost and Found Ely 41 or Public Safety

For a complete list of events please go to [www.westfield.edu/whatshappening](http://www.westfield.edu/whatshappening) or email [studentactivities@westfield.edu](mailto:studentactivities@westfield.edu). If you would like to advertise your event on the campus screens and student activities calendar

## Hours of Operation

### Tim and Jeanne's Dining Commons

Sun - Thurs 7 a.m. to 10 p.m.  
Fri & Sat 7 a.m. to 9 p.m.

### Ely Harvest

Mon-Fri 7 a.m. to 11 p.m.

### The Perch

Sun - Thurs 9 p.m. to 1 a.m.  
Fri & Sat 9 p.m. to 2 a.m.

### Dunkin' Donuts

Mon - Fri 7 a.m. to 10 p.m.  
Sat & Sun 10 a.m. to 10 p.m.

### Wilson Cafe

Mon - Thurs 8 a.m. to 8 p.m.  
Fri 8 a.m. to 6 p.m.  
Sat & Sun closed

### Garden Cafe

Mon - Fri 8 a.m. to 2 p.m.  
Sat & Sun Closed

### TJ Bistro

Mon-Thurs 8 a.m.-12 a.m.  
Fri 8 a.m.-1 a.m.  
Sat 10 a.m.-1 a.m.  
Sun 10 a.m.-12 a.m.

### New Hall Marketplace

Mon - Fri 10 a.m. to 1 a.m.  
Sat - Sun 5 p.m. to 1 a.m.

### Ely Library

Mon - Thurs 8 a.m. to 12 a.m.  
Fri 8 a.m. to 5 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 1 p.m. to 12 a.m.

### Ely Wellness Center

Mon - Thurs 6:30 am to 10:30 pm  
Fri 6:30 a.m. to 7:30 p.m.  
Sat 10 a.m. to 6 p.m.  
Sun 12 noon to 10:30 p.m.

### Bookstore

Mon & Thurs 9 a.m. to 5 p.m.  
Tues & Wed 9 a.m. to 7 p.m.  
Fri 9 a.m. to 4 p.m.  
Sat 12 noon to 4 p.m.  
Closed Sunday

### The Westfield Voice's Office

Mon 6:30 p.m. to 9 p.m.  
Tues 6:30 p.m. to 10 p.m.  
Wed 6:00 p.m. to 10 p.m.

All other times by appointment

Public Safety - 5262

IT (Wilson) - 5528



# The Westfield Voice

FRIDAY, DECEMBER 16, 2016

westfieldvoice.com  
@westfieldvoice

## Despite controversial election Westfield State's MASSPIRG reports high number of voter pledges

**Emily Spakauskas**

Voice Reporter

**Mike Witts**

Voice Reporter

With such a controversial election, it has been hard to tell whether or not millennial voters would have a high voting turnout. MASSPIRG, a non-profit advocacy group that works on college campuses to increase student voter turnouts and awareness, has put in extra effort this year on the Westfield State campus that has been proven effective.

The numbers are not yet finalized, but around 500 students registered with MASSPIRG to vote in this year's election. In 2008, 509 voters were registered, and in 2012 there were 586 registered voters with Westfield State's MASSPIRG.

With 706 pledges to vote, Westfield State's MASSPIRG came in third with pledges next to Umass Amherst and Umass Boston. In other words, the percent of each student population reported as following; Westfield at 12.5%, Umass Amherst at 10% and UMass Boston at 17%.

"I'm proud and honestly I'm surprised it wasn't higher because we were



PHOTO FROM ZIPRAGE

going pretty hard with our campaigning," said Emily Swanson, Westfield State's MASSPIRG on-site campus organizer. Although 500 stands as a lower statistic, the ratio of students that voted in comparison to the size of Westfield's campus is the second highest and rises as a triumph for our campus.

Westfield State's MASSPIRG efforts to encourage students to vote included more than 1,600 e-mails sent, 520 stickers given out, 1200 door hangers and over 300 flyers.

"The day before the election a volunteer and I texted 602 students, reminding them to vote. At Westfield we put in the extra effort to make sure peo-

ple were getting involved," said Swanson.

Swanson said that Westfield's chapter has been working diligently all semester to encourage student voting. Even though the number of student voters who registered with MASSPIRG was not as high as the team had hoped, the statistics didn't prove to be exponentially worse than past elections this year.

"It could actually be a good thing because a lot of people were already registered to vote. This election turned a lot of people off. I can't even tell you how many people said they weren't going to vote," said Swanson. Massachusetts ballot questions and local

elections are two aspects that did seem to draw voters in.

MASSPIRG is known to be vigorous in their acts of attempting to get students to register to vote. "It's kind of like badgering but it's not bad," said Westfield State student Colleen Andrews. "I personally don't know a lot of people that sign up to register with them but I can imagine they get a good amount of people." With 706 pledges here at Westfield State, Andrews would be correct considering it was the third highest number across all MASSPIRG branches.

Westfield State may not have had the highest number of voters in the state but they did very well

compared to similar state schools, such as Salem State who had a little over 500 pledges, and Fitchburg state with around 450.

After analyzing hard data it is hard to deny that they have been quite successful in an election that turned so many voters away. Considering the organization has been so successful over the years it will be interesting to see what the future holds for MASSPIRG and how future elections may shape millennial voting in years to come.

### In this week's issue

#### Campus News & Life

Shoes for Haiti  
Cadet of the Week

#### Op-Ed

EPA  
Equality  
Chinese Feminism  
Exhibition  
Interview Pt. 2

#### A&E

Guns N Roses

#### Sports

Mens Basketball  
Patriots  
The Best That Never Was

## The objective student press of Westfield State University

VOLUME VIII, ISSUE XI

FREE OF CHARGE, AVAILABLE EVERYWHERE ON CAMPUS



# campus news & life

FRIDAY, DECEMBER 16, 2016

## News from other schools

### **The Berkeley Beacon** Emerson College

More than 100 students participated in a classroom walkout to Boston City Hall on Dec. 10 to urge Gov. Charlie Baker and Mayor Martin J. Walsh to protect interests they feel will be threatened by the Trump administration.

### **The Harvard Crimson** Harvard University

The Harvard hockey team has ended their 23-year dry spell winning the Eastern College Athletic Conference since 1994.

### **The Washington Square News** New York University

A two-alarm fire occurred at a construction site located at New York University's Langone Medical Center on Dec. 14. "Rigid board," a material for roofing insulation, caused the fire said firefighters. No injuries have been reported.

### **The Daily Collegian** U. of Mass Amherst

The University's Student Government Association passed a motion at its last meeting of the 2016 fall semester to reduce the availability of straws from retail dining locations in order to lessen waste for the 2017 semester and beyond.

## Shoes for Haiti Shows Instant Success at Westfield State

**Tyler Mason**  
*Voice Reporter*

At the beginning of the 2016 fall semester, the parking conditions at Westfield State University were "horrendous circumstances," as some students called it. There was a surplus of cars on campus like never before.

Students were not only coming to class late because of scarce parking, but in fact, they were also missing classes. Due to the lack of parking, students were taking action by parking on the grass and other places not suitable for vehicles.

A small group of students led by Westfield's own Nick Kates got together and went to the top of this issue. It looks as if their demands for a solution were heard. As more students began to complain, it seemed as if the parking situations were beginning to get better.

The amount of students who were illegally parking in lots without passes cut down significantly once public safety began fining those specific offenders. It was



now time for the school to take action.

The vice president of student affairs, Carlton Pickron, believes the school handled this issue as well as they could have. Pickron said the school added 50 plus parking spots in the Dower Center which helped tremendously.

"We explored our options and were able to move the construction company working on campus which made a lot more spaces available to our students," said Pick-

ron.

Other steps were taken such as cutting back on the number of parking passes given out, as well as waiving tickets for first time offenders. While situations have gotten better, some are still outraged.

"I don't think they have handled the issue at all, the lack of parking spaces is too much," said Mark Hennessy, a senior at WSU. "We all try to come on time and there are no spots so we park in the teacher's lot .

.. Bam. Ticket."

When Mr. Pickron heard there were some students who were still unsatisfied, he said that there are future plans to expand the parking lots in multiple locations on campus.

While there are still some expected hiccups in the road, the students and faculty just have to deal with the current situation at hand until more elaborate steps can be taken.



# Cadet of the Week

## Amelia MacFarlane



My name is Amelia MacFarlane from Sandwich Massachusetts. I am currently a freshman at Westfield State University majoring in Environmental Science. I am also a member of the girls volleyball team as a defensive specialist. I come from a military family and grew up fairly close to Otis Base on Cape Cod. I have grown up listening to drill weekends and air crafts flying over my house. But I joined ROTC because I have always planned on being in the military at some point in my life. I think my family and living so close to Otis Air Force base has influenced me. After high school, I was planning on either going straight into the army or going to college. I thought going to college and joining ROTC was the perfect choice. Joining ROTC gave me the opportunity to learn a lot of useful information and will aid me in my future army career. ROTC has helped me make the decision to go forward with my plans to join the National Guard next semester and to serve my country in any way I can.

## Westfield State builds Institutional Advancement team

### From news release

**WESTFIELD-** Westfield State University has selected two new professionals to join the Institutional Advancement Department. Patrick Carpenter of West Springfield, Mass. will serve as a major gifts officer and Julie Phillips of Westfield, Mass. will serve as an annual giving coordinator.

"Developing our Institutional Advancement team underscores the Westfield State University's priority of elevating its presence and strengthening its connection to alumni, friends, and other supporters," said Westfield State University President Ramon S. Torrecilha, Ph.D. "These new team members will help to reenergize our philanthropic culture and Westfield's State relationships with like-minded individuals and organizations committed to our students' success."

#### Patrick Carpenter

As the major gifts officer, Carpenter will work to build and enhance relationships with all constituents for the purpose of increasing financial support to Westfield State including identifying, cultivating, and soliciting new prospects and stewarding current donors.

Carpenter previously worked at Boston College Law School in the University Advancement Department where he was responsible for managing a prospect portfolio of more than 300 alumni and donors. Prior to that position, he worked as the director of Annual Giving at Elms College's Department of Institutional Advancement to increase unrestricted annual fund support and establish record giving levels. He formerly served as president of the Elms College Alumni Association and currently works as an adjunct professor there.

He holds a Bachelor of Arts in English from Elms College and a Master of Science in Higher Education Administration from Bay Path

University. Carpenter is working on a Doctorate of Education in Higher Education Administration from Northeastern University.

"Mr. Carpenter will help the university identify potential friends and donors and increase the university's support of student scholarships," said Westfield State University Vice President of Institutional Advancement Dr. Erica Broman.

#### Julie Phillips

As the annual giving coordinator, Phillips will be responsible for philanthropic resources across all programs of Westfield State University and providing leadership in designing, implementing, and evaluating the programs.

Phillips previously worked as a development specialist in the Fund Development Department at Sisters of Providence Health System in Springfield where she implemented sustaining gifts programs including direct mail, membership and commemorative gifts, and the grateful patient program. Phillips also wrote proposals and grant applications resulting in \$1.37 million awarded for the capital campaign.

Phillips' new role represents a return to Westfield State University where she previously worked in the Office of Grants and Sponsored Programs and for the Westfield State Foundation. She also held positions at Westfield Technical Academy (formerly Westfield Vocational Technical High School) and at UMass Amherst.

"Westfield State is pleased to welcome Ms. Phillips back to the university," said Dr. Broman. "Given her background and with her guidance, we look forward to a renewed annual giving program."

Phillips received a Bachelor of Arts in Communications from Western New England University.

Carpenter started at Westfield State on December 5 and Phillips began in November.



# opinions & editorials

FRIDAY, DECEMBER 16, 2016

## Westfield State University's Feminist Fair: A Chinese Exchange Student's Perspective

**Siyu Liu**

*Voice Contributor*

I am Siyu Liu, an exchange student from China and study in Westfield State University for this semester. I was so lucky and really appreciate that I could participate in the Feminism Fair at Westfield State University. My team picked Planned Parenthood as the organization we wanted to research. First, this organization is related to our current life as it delivers vital reproductive health care, sex education, and information to millions of women, men and young people worldwide.

Second, Planned Parenthood, which began in the First Wave of U.S Feminism, has continued into the Third Wave, and is a significant part of U.S history as well as a huge victory for women. It is rooted in the courage and tenacity of American women and men willing to fight for women's health, rights and equality.

Women should have the information and care they need to live strong, healthy lives and fulfill their dreams. Third, Planned Parenthood is still a critical topic today, and has suffered from domestic terrorism from 1916, the year it was founded, till today, as the American people hold opposite views towards Planned Parenthood.

Because of these three main reasons I mentioned, my team wanted to explore this issue deeply and comprehensively to present a whole and complete study of Planned Parenthood to the audience. First, we will talk about the mission of Planned Parenthood as well as its change and adjustment in history. Second, we shall discuss similar organizations and policies in other countries. Planned Parenthood is a global partner helping similar organizations around the world. So it is necessary to have a knowledge about other countries' situation and make a comparison.

Last, we will discuss more specifically about the progress and influence Planned Parenthood has made. Additionally, we talk about the "One child policy in China" which presents Planned Parenthood from a worldwide view. Our



topic is related to our class session "Margaret Sanger and the Origins of Planned Parenthood" as well as the reading about Planned Parenthood's history and success. In our presentation, we will have a brief introduction about Planned Parenthood's timeline as well as problems it

faced and successes it achieved. In 1916-1936, the doors open. Margaret Sanger opened America's first birth control clinic in New York. In 1936-1956, the start of the movement. The International Planned Parenthood Federation was established. In 1956-1976, a new era for women. Roe v. Wade made abortion legal nationwide. In 1976-1966, victories and violence. "Hyde Amendment" and "the Global Gag Rules" come up as a barrier to women's abortion rights and limit their options.

Also family planning providers and patients face extremists' terrorism in the country. In 1996-2016, the new millennium, medical abortion become widely available in the U.S. Based on the timeline and movements in these

periods, we will also connect Planned Parenthood's position in the First Wave to its influence which is continuing to the Third Wave of feminism. Women's progress in recent decades in education, in the workplace, in political and economic power can all be directly linked to Sanger's crusade and American women's ability to control their own fertility. Sanger believed that women of all races and classes have the right to avoid unwanted pregnancy. Moreover, she spared no efforts to help poor people.

As a nurse, Sanger witnessed so much death, sickness, and poor quality lives because of unwanted pregnancy and illegal abortion. Her own mother had 18 pregnancies, bore 11 children, and died young in 1899 at age 40. In July, 1969, President Nixon asked Congress to create a Commission on Population Growth and the American Future to study population growth and its effect on federal state, and local governments. And in the same year, the Family Planning Services was established. People are gradually aware of the importance and

necessity of family planning. Because of the research of Planned Parenthood, I found more specific information about the "One Child Policy in China". The result shocked me because it revealed the fact that exists broadly in China's society currently which I was even not aware of before. The "One Child Policy" came to an end last year, but the number of applicants for a second child is lower than the government expected. The government expected that there will be 150,000 births in 2016 while the fact is that only 80,000 babies were born in 2016, 70,000 less than the goal. Nationwide, nearly 1 million couples eligible under the new rules had applied to have a second child, state media reported at the time. (Jiang, S and Cullinane, S. 2015) In 1950s-1960s before "one child policy" was come up, most families in China were commonly poor, but they still had 3-4 children in average. Nowadays, Chinese are richer than before and achieve apparent

See Liu on page 14



# With understanding comes great accomplishments

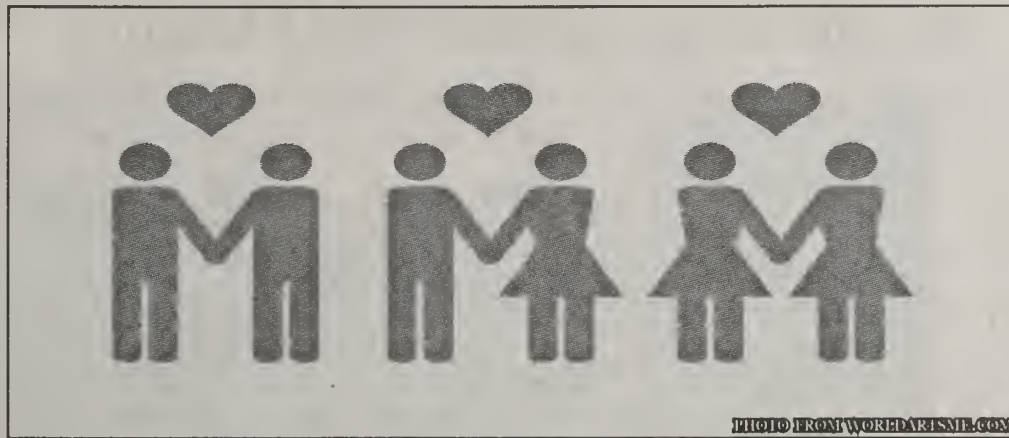
## Corey Langlois Voice Contributor

Jesus went to Samaria, and he was judged because he was Jewish. Jewish and Samaritan cultures did not agree with each other, therefore both cultures hated each other. Once Jesus spoke to a woman at the well, and got past civil conversation, she realized that he was not what she expected him to be.

In this day and age, many of our "titles" put us into cages. If we didn't have titles to categorize ourselves by we would not have any stereotypes, and without stereotypes there wouldn't be racism, homophobia, or gender inequality.

Viewing a person as nothing other than a human such as yourself—leaving all titles out of the picture—breaks all barriers that consistently give room for judgement and lack of acceptance.

Since I left high school, I suddenly felt more comfortable with the fact that I'm attracted to the same sex, but I never call myself gay. I feel like that title puts a hold on people's lives, suffocating them. The ti-



tle also gives other people the advantage to view you as the stereotype that is attached to it. The stereotypical "gay" man is often viewed as feminine, flamboyant, and a fashionista.

On the other hand, I am none of those things, and compose myself as a more masculine person. I also refuse categorizing myself as "gay" because I am not opposed to the idea that a female can come into my life that I would want to be with.

When I try explaining this to friends, they often say: "Wait, so you're bisexual, then?" That bothers me be-

cause they're trying to categorize me when I don't line up with the stereotype that they imagine. I often feel that gay men following the stereotypes associated with being gay does not help the case of equality, solely because they are feeding into what the public wants to view them as.

I talked to someone who participated in the stereotype and they said "this is how they want to view me so I'm giving them what they want, so they can be comfortable knowing I'm normal to them." He expressed that normal for them is what the stereotype gives off, that

if the general public knows you like men, it's less "intimidating" than if they don't know. Its ambiguous to the general public and it scares people, especially straight men, because they are unsure of other people's motives, which creates a homophobic atmosphere without having that intention. If you give them what they want, they will never learn a lesson.

They flaunt the stereotype and then get angry when they are mistaken as female. I am obviously all for equality, but we need to learn to not get heated up when people mistake us for what we are not when we give

them the opportunity to mistake us.

I also believe that many homosexual men are afraid of being themselves, or even

"coming out of the closet," because they fear being viewed as what the title entails and the stereotype perpetuates. We live in a world where being yourself is only acceptable if it is normal in other people's eyes; otherwise, you're shut down and/or poorly treated.

Men are often viewed as muscular, aggressive, and emotionless, and if you're anything but that, you are often called offensive names, which gives them the disadvantage. The world is slowly getting to the point of universal equality, and not just in sexual orientation, but also in race, sex, and disability. With the right understanding, we, as a human race, can accomplish great things.

The obstacles we tread through only make us stronger, and being aware of the issues in the future allow for them to be avoided. I'm optimistic that we can achieve universal equality; all we have is each other in the end, anyway.

## Administrator of the Environmental Protection Agency Nominee: Scott Pruitt

### Chayton Yost Voice Columnist

Although the most polarizing presidential elections in recent memory has come to a close, tensions have not yet let up. Progressives and liberals in particular were stunned and horrified with Trump's victory, and their terror and indignation continues with the news of many of his cabinet appointments; one in particular being the nomination of Scott Pruitt for Administrator of the Environmental Protection Agency. Scott Pruitt, age 48, belongs to the Republican party.

He first ventured into politics with his election

to the Oklahoma senate in 1998 and was chosen to be the Republican Whip in congress in 2001. After a succession of failed campaigns for higher positions, Pruitt was victorious in his election for Oklahoma State General in 2010 and immediately implemented several measures and committees that proved to be a staunch defense against President Obama's attempted national reforms.

These included fights against stricter regulatory policies regarding energy industries such as the "Waters of the United States" rule and the Clean Water Act, the Affordable Care Act, and the Dodd-Frank Act; the latter two legislations being some of the

most famous but controversial bills of the last decade, receiving relentless storms of criticism from the right.

Pruitt has gone as far as to sue the Environmental Protection Agency for its additional regulatory policies imposed on coal industries, such as the ones stationed in Oklahoma, on the grounds of unconstitutionality; labeling them as overreaches of the government. In addition, Pruitt has made it publicly clear in an editorial published in the magazine, National Review, that he holds doubts about climate change, "global warming has inspired one of the major policy debates of our time."

That debate is far from settled. Scientists continue

to disagree about the degree and extent of global warming and its connection to the actions of mankind." One must admit it's ironic that a man that has so vehemently railed against the activist efforts of the EPA in the past now finds himself the administrator of it.

Looking to the future of this federal agency, there are radical changes on the horizon. Pruitt will be looking to use his newfound power to minimize governmental regulation enacted by Obama aimed at energy industries on a national scale—particularly the coal sector. This industry has been gradually dying thanks to the aforementioned policies employed during President Obama's tenure in

office and a general global movement away from coal as a resource.

Upon his nomination for administrator of the EPA, Pruitt said, "I intend to run this agency in a way that fosters both responsible protection of the environment and freedom for American businesses."

His declaration of dedication to both business and the state of the environment aside, Pruitt's main objective will be ensuring the minimal federal interference with businesses on environmental grounds.

In fact, it might not be much of an exaggeration to say that if Pruitt had his way, there would be no Environmental Protection Agency at all.



# American vs. Kazakhstani food: which is better? Part 2

## An interview with Karina Khristich

**Emelia McCarron**

Voice Contributor

*This is the second part in a two-part series written by Emmy McCarron. The first part was published in last week's edition of The Voice*

After reading Karina's answers to my questions, I strongly believe that Kazakhstani people eat better than us Americans do. In no particular order, here are five reasons why I believe the Kazakhstani diet and way of eating is better than ours. 1.

They have less fast food than we do. Karina said that they have KFC and Burger King in Kazakhstan, and that the first McDonald's recently opened. In America, we have too many fast food restaurants; I wouldn't be able to name them all. According to dosomething.org, "at least 1 in 4 people eat some type of fast food every day," and "Americans spend 10% of their disposable income on fast food every year."

Fast food is incredibly unhealthy, so we should not be eating it regularly or even at all. 2. Food brings them together. Instead of just grabbing a quick coffee from Dunkin Donuts on the go like we do, they will invite friends, co-workers, etc. to sit and socialize and drink tea with them.

Eating as a family is also very important, which is something not all Americans value. According to The Atlantic's "The Importance of Eating Together" by Cody C. Delistraty, "the majority of American families report eating a single meal together less than five days a week." It is proven, however, that "family dinners build relationships, and help kids do better in school."

3. No distractions. Karina would never consider eating in front of the television or with her phone out. CBS News states that



"according to [a] poll, 33 percent of viewers say the TV is always on during their dinner, with 27 percent saying it's on half the time, or sometimes." Eating with distractions causes many people to overeat. 4. Smaller portions. Karina said that the portion sizes in America are just way too big, whether it's the size of a bag of chips or the amount of pasta you get at a restaurant.

The National Heart, Lung and Blood Institute website states that "food portions in America's restaurants have doubled or tripled over the last 20 years, a key factor that is contributing to a potentially devastating increase in obesity among children and adults."

I believe that America has increased their portion sizes over the years, whereas Kazakhstan and perhaps other countries have kept their portion sizes relatively the same.

Karina also said that even though she felt like she ate a lot in America, she'd quickly crave more food, especially sweets. So, even though our portion sizes are larger, they are not keeping us as full as they should be. 5. Meals are made from scratch. Karina says her mother or grandmother usually prepares her meals for her from

scratch.

Making meals from scratch is beneficial because you know exactly what you are eating. In Roberto A. Ferdman's Washington Post article, "The Slow Death of the Home-cooked Meal," he says that "on average, the two genders spend roughly 110 minutes combined cooking each day, compared with about 140 minutes per day in the 1970s and closer to 150 minutes per day in the 1960s."

We spend less time cooking because we get more take-out or fast food, and our meals are not always from scratch due to processed or microwave foods. Ferdman also states that "people in this country spend less time cooking

each day than in any other developed nation, according to the Organization for Economic Cooperation and Development." Learning how to cook and prepare real, healthy, and nutritious food is a skill that many should have, but instead, less and less people are actually cooking.

I'm sure Kazakhstani food isn't perfectly healthy because they still eat sweets and heavy meals like us; however, food is more of a social part of their lives. They sit eat with friends or family, rather than eating a quick meal in the car or

in front of the TV. They use their family dinners to talk about each other's day and to bond.

I also feel as though they respect their food more, by taking the time to make real meals. For example, the mother and grandmother would never dream of buying Kraft Mac & Cheese where you simply "add water," or something of that nature.

They make their meals from scratch. I believe that people deserve meals that are more fresh and real. When did we stop viewing food as food? Everything is so rushed with Americans, from fast food to Easy Mac. But why does food need to be "fast" and "easy?" We should take time to make real food, really enjoy that food, and enjoy each other's company. We should let food bring us together more.

Healthier food can make healthier people. Also, more meals and more time spent with friends and family will make happier people. I believe that we need to become more aware of what us Americans are eating as a whole and how we are eating it. We can use our new knowledge on Kazakhstani way of eating to help us and those around us to grow and fix the issues with our food.



# gail's guidance

Dear Gail,

Since the semester is coming to an end, this means that we will all be heading home. Although, I am happy to have a month off of school, I am worried that I will not be able to find enough things to occupy my free time. Any suggestions on things I can do to keep myself from going crazy?

-Not ready for break

Dear Not ready for break,

Having a whole month off with nothing to do can certainly affect you. Luckily, you won't realize how lame your life is until after you watch binge watch Netflix for a week straight. Try contacting some old friends from home, although it might result in an awkward lunch, at least you won't have to eat alone. You could always try to make plans to meet up with friends from school! Also, forcing your family to hangout with you is always an option. It'll be a lot harder for them to avoid you since you guys live in the same house. If you become really desperate, you can create a tinder account and go on a bunch of blind dates to take up some time. Before you know it, you'll be back on campus taking five classes wishing you had nothing to do. Good luck!

-Ya girl Gail

## The Westfield Voice

*The objective student press of Westfield State University*

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Announcements and ads for on-campus organizations are free of charge, printed as space allows and must be submitted no later than 5:00 p.m. the Monday before anticipated publication date.

The Westfield Voice will print "letters to the editors" if the author approves that their letter appears in print.

Be sure to include your name and e-mail address.

Authors are asked to notify the editors if they would like to submit their letter anonymously.

The editorial staff reserves the right to make grammatical changes, keep the letter as is, or not print the letter at all.

Submissions may be submitted in person or by e-mail at 5:00 p.m. the Monday before anticipated publication date.

The editorial staff reserves the right to change any and all articles to fit grammatical and content specifications and to ensure all facts are accurate and appropriate.

If there is an error in any article or letter, the editorial staff would like to be made aware. Please send the error in an e-mail and we will publish a correction accordingly.

If you wish to

write for The Westfield Voice, you can submit your interest in writing or in an e-mail to the editors.

Writers may also visit the office in the Ely Campus Center, room 305 during office hours or by appointment.

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The Westfield Voice has been in tabloid format since 2010.

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# arts & entertainment

FRIDAY, DECEMBER 16, 2016

as of Dec. 14, 2016

## Top 10 Singles

1. Black Beatles – Rae Sremmurd Ft Gucci Mane
2. Starboy – Weekend Ft Draft Punk
3. Closer – Chainsmokers Ft Halsey
4. Side to Side – Ariana Grande Ft Nicki Minaj
5. 24k Magic – Bruno Mars
6. Juju On That Beat (TZ Anthem) - Zay Hilfigerrr & Zayion McCall
7. Let Me Love You - DJ Snake Featuring Justin Bieber
8. Don't Wanna Know – Maroon 5 Ft Kendrick Lamar
9. Heathens - Twenty One Pilots
10. Broccoli – D.R.A.M. Ft Lil Yachty

## Top 5 Albums

1. Starboy – Weekend
2. A Pentatonix – Pentatonix
3. Hardwired To Self-Destruct - Metallica
4. 24k Magic – Bruno Mars
5. Moana – Soundtrack

## Top 5 Movies

1. Moana
2. Office Christmas Party
3. Fantastic Beasts and Where to Find Them. 4. Arrival
5. Doctor Strange

## Upcoming Dvd's

1. Storks
2. The Magnificent Seven
3. Sully

## Childish Gambino: Awaken, My Love album review

**Mike Stender**  
Voice Columnist

It seems like yesterday I first heard the news of Axl Rose and Slash reuniting for the first time in over 20 years. 2016 was the year of Guns N' Roses. With original members Slash and Duff McKagan returning to the band with longtime lead singer Axl Rose, I knew they were going to take over the world once again. I was right, yes call me a die-hard fan, but the statistics show.

The band went on to sell out football stadiums across the U.S, Mexico, and South America all throughout 2016, many of these shows selling out in a matter of hours. I was lucky enough to see them live at Gillette Stadium this past summer.

Rumors of the band slowing down are common among those who feel the reunion of Axl and Slash is motivated by money and money only. These rumors have been shot down by band mate Richard Fortus who stated in an interview with a St.

Louis radio station that the reunion is happening because it feels right to the bands leader Axl Rose. The feud between Axl and Slash is one of the most infamous in



**NOT IN THIS LIFETIME TOUR 2017**

|        |                |        |                   |
|--------|----------------|--------|-------------------|
| JAN 21 | OSAKA, JP      | JUN 24 | WERCITER, DE      |
| JAN 28 | TOKYO, JP      | JUN 27 | COPENHAGEN, DK    |
| JAN 29 | TOKYO, JP      | JUN 29 | STOCKHOLM, SE     |
| FEB 02 | WELLINGTON, NZ | JUL 01 | HAAMEENLINNA, FI  |
| FEB 04 | AUCKLAND, NZ   | JUL 04 | PRAGUE, CZ        |
| FEB 07 | BRISBANE, QLD  | JUL 07 | PARIS, FR         |
| FEB 10 | SYDNEY, AU     | JUL 10 | VIENNA, AT        |
| FEB 11 | SYDNEY, AU     | JUL 12 | NIJMEGEN, NL      |
| FEB 14 | MELBOURNE, VIC | JUL 15 | TEL AVIV, IL      |
| FEB 18 | ADELAIDE, SA   | JUL 27 | ST. LOUIS, MO     |
| FEB 21 | PERTH, WA      | JUL 30 | MINNEAPOLIS, MN   |
| FEB 25 | SINGAPORE, SG  | AUG 02 | DENVER, CO        |
| FEB 28 | BANGKOK, TH    | AUG 08 | MIAMI, FL         |
| MAR 03 | DUBAI, AE      | AUG 11 | WINSTON-SALEM, NC |
| MAY 27 | DUBLIN, IE     | AUG 13 | BEDSHEY, PA       |
| MAY 30 | BILBAO, ES     | AUG 16 | BUFFALO, NY       |
| JUN 02 | LISBON, PT     | AUG 19 | MONTREAL, QC      |
| JUN 04 | MADRID, ES     | AUG 21 | OTTAWA, ON        |
| JUN 07 | ZURICH, CH     | AUG 24 | WINNIPEG, MB      |
| JUN 10 | IMOLA, IT      | AUG 27 | REGINA, SK        |
| JUN 13 | MUNICH, DE     | AUG 30 | EDMONTON, AB      |
| JUN 16 | LONDON, GB     | SEP 01 | VANCOUVER, BC     |
| JUN 17 | LONDON, GB     | SEP 03 | SEASIDE, WA       |
| JUN 20 | CRANSK, PL     | SEP 06 | EL PASO, TX       |
| JUN 22 | HANNOVER, DE   | SEP 08 | SAN ANTONIO, TX   |

music history.

They have been regarded as one of the best iconic rock singer and guitar duos of all time and when Slash left the band in 1996 people were outraged to see them grow apart.

Axl continued Guns N' Roses has gone through many lineups of talented musicians to fill the spots of past members, some of whom have been in the band longer than Slash and Duff to date.

Slash and Duff found success in their solo projects and even gained mainstream fame again with their band Velvet

Revolver in the early and mid-2000s. However, time heals all wounds, Duff and Axl reconnected around 2010 and Duff was even asked to play with the new lineup on various occasions, he was even asked to tour with them when bassist Tommy Stinson had other commitments to fulfill.

Duff rejoined the band in 2014. Slash and Axl connected last year and after meeting in private and settling their issues and were able to bury the hatchet after years of fighting via the media.

As of recently the band shows no sign of slowing

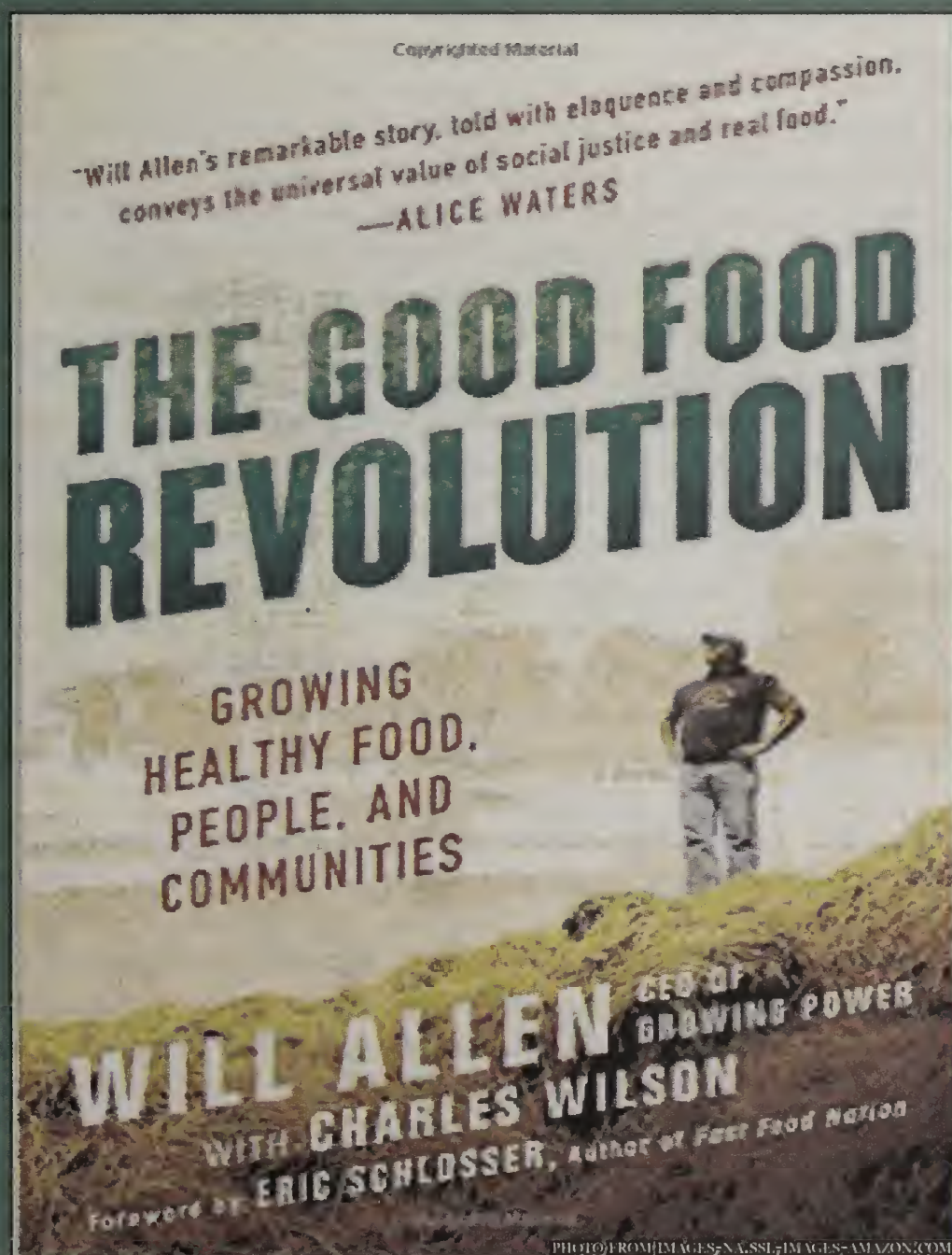
down. Dates have been announced for Europe, Australia, Japan, Canada, as well as more U.S dates. These dates start as early as January and end in September with some quick breaks in between.

More dates can be announced at any time and I will defiantly be at more than one show this year. The lineup of Guns N' Roses is Axl Rose (vocals) Slash (lead Guitar) Duff McKagan (Bass) Richard Fortus (Rhythm Guitar) Frank Ferrar (drums) Dizzy Reed (piano/keyboard) and Melissa Reese (Keyboard and Synth)



# First Year Read: Will Allen's "The Good Food Revolution"

*The following essays in this section are from Professor Thelen's English 101 class. First year students reflect on their attendance at Will Allen's visit to the Westfield State University campus on November 15, as well as his book "The Good Food Revolution"*





## **By: Courtney Urban**

Will Allen is an urban farmer and both the founder and CEO of Growing Power. Allen grew up on a small farm in Maryland and was the youngest of six. In high school Allen was a star basketball player, and was later offered a scholarship at the University of Miami. After college Allen played for a European League in Belgium. When Allen returned to the United States he began a career in marketing and corporate sales. While driving through Milwaukee one day on a business trip, Allen came across an old greenhouse. In that moment, Allen realized that he wanted to connect back to his old farming roots, to try and better communities that don't have the chance to eat healthy foods. Allen switched gears by quitting his career in marketing and sales and taking over the operation of a farm.

Over the years, Allen's goal has remained the same— to change the food system by having the same food go to the same people in all communities, rural or urban. In 1995, Allen created an organization called Growing Power— a non-profit center for urban agriculture training and building community food security systems. Growing Power is an asset to the Milwaukee community; youth's are being provided with jobs and being taught how to grow fresh vegetables. Youths are also being taught by Allen how to read and write. After doing physical activity in the garden, Allen has them write about their day and what they have done. Allen also believes that it is a great thing for young children to be introduced to nature— "Something changes in them, [the children] when they walk up to my worm systems and put their hands in the soil for the first time" (Allen, 160). The only way to change the food system is to increase the access to healthy, farm grown food. Allen's main reason for wanting to change this system was because of racial injustice. Many urban cities and towns don't have any access at all to foods aside from convenient stores and fast food restaurants, many of the cities being places where minorities live. Allen's goal is to spread fresh and safe grown food throughout these places that don't have access. Some communities have to drive miles to reach the nearest grocery store. What Allen did was bring food stands near them, hoping they would buy healthy food instead of going to places that were bad for them. Our generation is the future of our food system. How our food is produced now, determines how it will be produced in the future.

Will Allen preaches and ended his presentation with the idea that we must create a system and approach this problem from an active standpoint. We are the most educated generation about the food system. A closed and controlled environment is key. It's also ALL about the soil; 90% of the soil in this nation is contaminated. We need to divert waste and put it back into mother Earth. He told the students at Westfield to get involved. Whether it is with gardening or another extra circular activity, we as students can make a difference if we put effort into it. After reading Allen's book, and then getting to see him speak in person it is truly inspiring to see somebody put so much time and dedication into something. He is right, we are the ones who will change this system, but we all need to get active and set goals to achieve it.



## **By: Julianna Zucco**

Will Allen visited Westfield State University to share his life lessons. The audience was full of students waiting for him to come onto the stage. He had some speakers before telling us a little about him and his family. They were playing music to get the crowds attention. A little after they started a slide show to give us knowledge on what he is about to talk to us about. Everyone stayed quite because they were so engaged in this video of his goals. When he walked out I was very surprised to how tall he was. I don't know what I was thinking I was going to see but I was still in shock. He started telling us how he lives with his family in Milwaukee, Wisconsin. He says, "If you know Milwaukee, they love their beer." He goes on talking about our dining commons and how the food changes have made a big impact on our school. Wanting better choices for us by giving healthier food that is grown by farmers or helpers. We can't always rely on the farmers to change the food system for us, we need to do our part as a community. We need to eat local foods to end poverty. Will Allen wants to pass his lessons onto us because we are the most educated with the food system. In 1993 Allen bought a farm in Milwaukee and built bedding plants. The kids couldn't read or write well, so helping Allen made it easier for them because they had to write their experiences with him. He would put compost and flowers on the sides of the sidewalks after he replaced the shrubs. He transformed vacant lots and brought in compost making it into a flower exposure. It is a multicultural organization where you can learn how to farm and grow mushrooms. The project planting can give you an idea on what you want to do. One of the most important things he said was that "it's all about the soil", meaning if you don't have good soil you won't have a good garden or healthy foods. When you have bad soil the food grows in pesticides. Ninety % of the soil in America is bad. Soil is supposed to be where we get our minerals from. He taught people how to grow the soil properly. Growing Power feed people their locally grown food. They grow a million pounds of soil. The warm depository is set at seventy degrees even when it gets very cold out. He said they need to get one hundred million worms to break down the waste for the soil. He grows tilapia fish, which is a freshwater fish species. Black soldier is a fly larvae, which is a waste reduction creature. Anaerobic digester takes the food wasted and turns it into energy. In downtown Chicago there was a flower and garden show. Forty % of the food comes from the local areas. It takes all of us to change the food system. With more and more young people helping out, it can really make a difference in the community and make a change in the whole world creating a healthier lifestyle.

Will Allen has taught me that being a part of a community is very important to a person. He talked about coming together as a community and putting your contributions in to make it better. Eating healthier makes a person feel better and makes them have an improved life. Working on a farm and gardening is hard work, but it's needed so we start caring for food. He wants a change in the world and this is the way to do it. He wants to tell his readers that accessibility is the sole reason why people in America is obese and unhealthy. Having one hundred employees is a really big impact on the food system. The more help they have, the more food you can make and give to the less fortunate and ones who need a healthier living. At the community food centers, you can learn about the healthier style of food and getting together to talk about your favorite meals that you and your family enjoy.

## **By: Craig Conklin**

On November 15th, 2016, Will Allen came to Westfield State to give a speech on his book *The Good Food Revolution*. The assembly was free to the public and was held in the Woodward Center on Westfield's campus. For those unfamiliar with Will Allen, he is an urban farmer who tries to provide fresh, organic foods to people in the Milwaukee area, where Allen is from, and all across the United States. It was very different to actually be able to hear Allen, versus reading his novel, and he talked about his future vision for the world and its agricultural future.

Overall, I believe the presentation that Allen gave was extremely informational. One area that I believe Allen could have improved in is the way in which he distributed his information. Allen had a 1,000 slide power point, which at first seemed very overwhelming, but Allen kept a steady pace throughout the entire presentation to display his knowledge. You could tell that coming to Westfield State University wasn't Allen's first rodeo, as he was extremely confident and overly welcoming. A few things that stood out to me during the presentation was the statistic that 90% of all soil is contaminated. This brought forward numerous questions, such as the quality of the food you are actually getting from "contaminated" soil, and how you can actually tell if the soil you are using to grow foods is polluted. I was personally worried because my family is members at a farmers market in Easthampton, which grows "fresh, organic crops", but are they actually if the soil isn't nutritious?

After hearing this information about the soil the documentary *Food Chains* came to mind. The film is about tomato farmers in Immokalee Florida, and how poor the working conditions are and how underprivileged the workers are in regards to their salary. If a big company is growing a certain crop in a huge field, there is a very little probability that the company cares about the quality of the soil, and it is most likely contaminated. So not only were the crops loaded with genetically modified organisms, but they were probably grown in unhealthy soil. I never knew that 90% of all soil was contaminated until Will Allen informed myself, along with all of Westfield State.

The second piece of information I took away from the presentations was Will Allen's plan for us, the audience, to take out of his lecture was that everyone should go out and get their hands dirty and make a difference. Luckily, my family and I are members at a crop share in Easthampton, and once a week we go to get in season crops. Our community as a farm is a major part of my life, and we all work together to get tasks complete. Not only do we help each other, but whenever there's extra crops, we donate it to a local homeless shelter so they can benefit to having organic foods. I'd like to believe that I have made a difference in our farm community, and the community around where I live.

By attending Will Allen's presentation on Tuesday, I have gained knowledge and I will inform others about my insight. It was a nice change to be able to listen to Allen, and gain more information than what is provided in his book. I would have enjoyed to speak to Allen after his presentation talk about what kept him motivated to stay with farming, agriculture, and helping others, although he could have gone many other ways with his future in life.



# Owls athletics

FRIDAY, DECEMBER 16, 2016

## Men's Basketball Looking Ahead to Conference Play

**Tim Jaroche**  
Voice Columnist

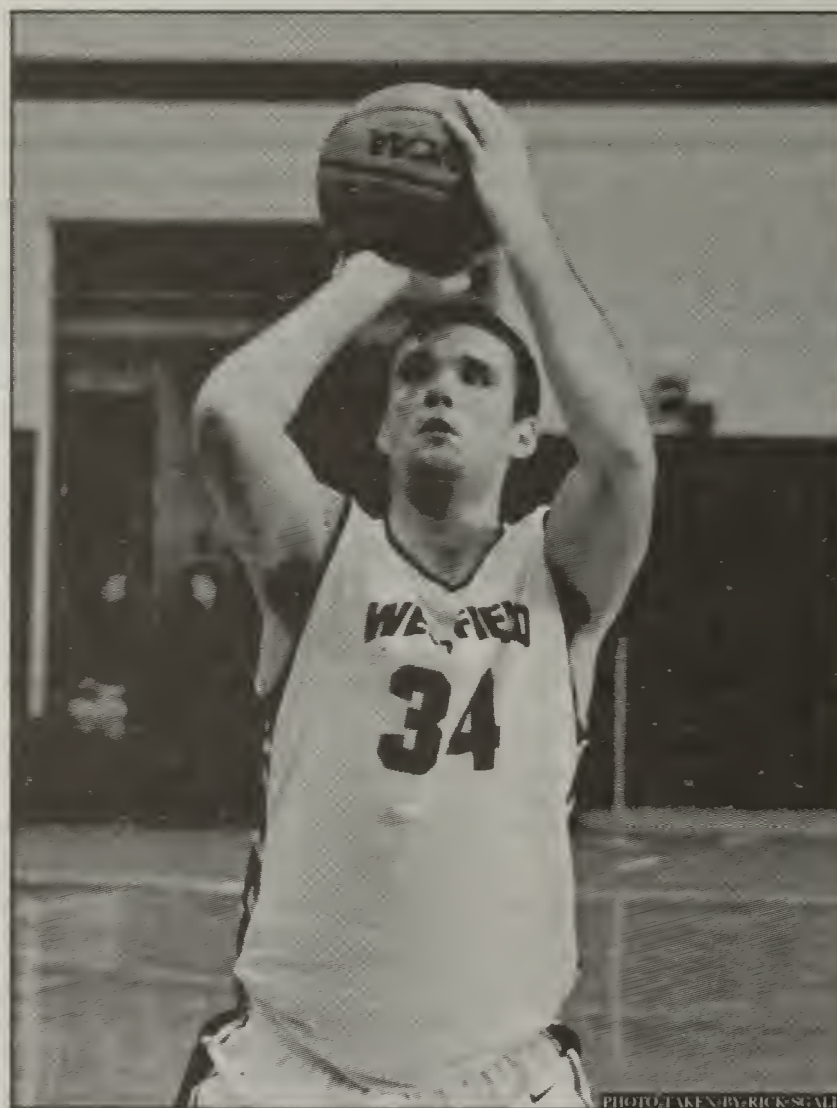
The Men's basketball team after two straight losses was able to refocus and put together a convincing win over the University of New England on Sunday afternoon.

Westfield got off to a quick start with Allister Williams and Peter Mafo combining to score the first eleven points of the game.

The Owls lead in the first half reached as many as 16 points, playing from out front the entire time. Eight of the ten players who saw the court in the first half contributed to the scoring and the team's 12-32 shooting from the field and more importantly 6-17 shooting from three.

In the second half, the University of New England was able to decrease the Owls lead to as much as 11 before letting it slip again. Westfield's shooting from the field picked up, shooting a much more impressive 17-29 from the field and knocking down five threes.

Mafo led the second half scoring affair with 12 points just ahead of Shane Pasquantonio's eight-point contribu-



Student in photo Aaron Burke (Worcester, Mass. /Worcester Tech)

tion. Ten players contributed to this second half run-away victory.

This im-

proved Westfield's record to 3-7, as they have only played out of conference opponents.

On the 4th of January, Westfield will play their first conference game of the season against Fitchburg State. After that they have eight conference games in a row.

This is the part of the season that matters most, so as long they have figured out their strengths and weaknesses by then they will be ready to compete against familiar opponents.

Westfield won't play their next game until January 2nd against Farmingdale State College who are currently 4-3 on the season. The next two weeks will be well needed rest time before a tedious stretch of conference games come up in the second half of the season.

Leading the way in the MASCAC standings so far are Bridgewater State at 6-3 followed by Fitchburg State at 3-4 followed by 4-6 Salem State. Westfield is behind Salem State at 3-7 and ahead of Framingham State, MCLA, and Worcester State.

Bridgewater is clearly the frontrunner right now but once conference play begins a top seed in the playoffs is anyone's to play for.



# Patriots overcome mistakes to earn most impressive win of season

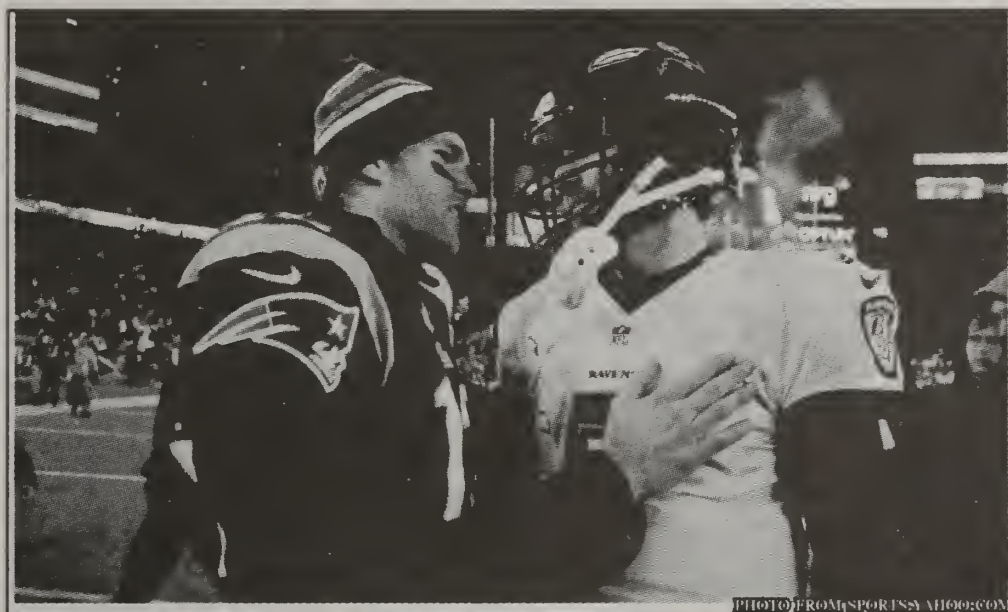
**Kyle Finnamore**

*Voice Columnist*

**Under the bright** lights of Monday Night Football, the New England Patriots took on the Baltimore Ravens in what shaped up to be a huge AFC battle between two teams that have built up a nasty rivalry in recent years.

It was a playoff atmosphere at Gillette Stadium in Foxboro, MA as the game was extremely important for both sides vying for playoff position. Baltimore has been on the outside looking in, both in their division and in the entire AFC. On the other hand, New England has been at the top of the AFC the whole year, looking to keep a game lead on the Kansas City Chiefs for the number one seed and home field advantage in the playoffs.

The primetime matchup did not disappoint with the Patriots winning a game that actually felt closer than it should have been by a score of 30-23. The story of this game turned out to be the dominance of the New England Patriots in all parts of the game. The offense was able to do virtually anything it wanted against a Ravens defense that was ranked first in the league. LeGarrette Blount did not put up the statistics that he normally has this year, but may



have played his best game of the season.

Blount was punishing defenders and fighting for every yard, as well as icing the game on a fourth and one run with under a minute in the final quarter. The Patriots controlled the line of scrimmage against an extremely stout Baltimore front seven.

Along with a dynamic rushing attack, came a passing attack lead by future hall of fame quarterback Tom Brady. It was obvious that Tom Brady was his usual self on Monday night, throwing for 406 yards and 3 touchdowns.

The one pass that stood out was a 79 yard bomb to Chris Hogan that put the dagger in the heart of the Baltimore Ravens with just over six minutes remaining in the game. All aspects of the

offense were clicking.

Between the rising rookie Malcolm Mitchell, the automatic Julian Edelman, 7/11 Chris Hogan (he is always open), the dynamic tight end Martellus Bennett, and the three headed monster in the backfield of Dion Lewis, James White, and LeGarrette Blount, all the weapons were used in the victory.

The offensive line also shined as they have improved every week from the beginning of the season. Even with all that went well for New England, there were some costly mistakes that also came back to haunt them. It all started with a Tom Brady interception on the goal line that happened with the Patriots driving up 16-0.

On 3rd and goal late in the third quarter, Brady felt some pres-

sure and threw up an uncharacteristic lob that got picked off and stalled out the drive that could have put the Patriots up three scores heading into half time. The interception did not end up hurting the Patriots all that much, but it was a pair of special teams mistakes that brought the Baltimore Ravens back into the game.

The special teams unit had shined early in the game with multiple punts that pinned the Ravens deep in their own territory, including one that led to a safety. They also blocked Ravens kicker Justin Tucker's first miss of the season on an impressive leap over the center from linebacker Shea McClellin.

The mistakes came at the beginning of the second half when rookie Cyrus Jones allowed a

punt to bounce off his foot and land right in the hands of a Baltimore player that gave them the ball on the goal line and allowed them to punch in an easy touchdown.

The misfortune did not end there as special teams captain Matthew Slater returned the ensuing kickoff and fumbled to give the Ravens the ball in another prime scoring position in which they capitalized. Just like that, Baltimore was within a touchdown, but the resilient Patriots were able to overcome. New England continued playing their game, did not get rattled, and fought until the very end, coming out with the 30-23 victory.

The win knocked the dangerous Ravens even further out of the playoff race and gave the Patriots a leg up on the race for the number one seed. The win was extremely impressive for New England and could be argued as their most impressive win of the season.

Even with the costly mistakes that occurred, they overcame the adversity, which is an important characteristic of a championship team. If the Patriots can clean up the mistakes, there is no telling how deep this team could go into the playoffs. If they play the way they did on Monday night, then they are a true championship contender.



# The best that never was

**Joe Russo**  
Voice Columnist

**Contrary to popular belief,** sports is the best drama of all time. What sets the performances of athletes who are literally paid to play a game from Oscar worthy actors is the simplest of factors. Unlike the latter, the former is unscripted. Pure poetry in motion that warrants significant results. Ask any athlete at any position at anytime, what they would rather be doing at that exact moment and the answer may be universal.

Nothing. Unfortunately for some, just becoming a professional doesn't necessarily cement them as being successful. Those athletes are typically remembered by the sudden "remember him?" or the "I totally forgot that guy was on our team that year". However, every once in a while an athlete comes around that changes everyone's perceptions of that team. Becoming the cog that is instrumen-

tal to the machine running smoothly.

This can be said for New England Patriots tight end Rob Gronkowski. You see, before Gronk the position of tight end was played normally by a former wide receiver that couldn't catch well and was large enough to help block defensive linemen. When Gronk catapulted into the NFL, the common perception of a tight end was obliterated. Never before had that type of athleticism and personality been part of the position.

His quirky attitude and can't miss pre and post game interviews made for excellent cannon fodder on Youtube. Unfortunately it wasn't all unicorns and show ponies for what can only be described as the freak of nature that is Rob Gronkowski. Lunatic Patriots fans avert your eyes from what you're about to read.

Injuries may very well force him into an early retirement. Against the Jets, Rob suffered what is de-

scribed as a herniated disc that will require season ending surgery. Add this to the already lengthy laundry list of injuries that he's fallen victim to since entering the league 7 years ago.

If in fact injuries do him in within the next year and a half, an unfortunate question will be asked time and time again. What could he have been like without the injuries? Many shoulda coulda woulda's will follow.

Which made me think about all the former NHLers that suffered the same fate. Of the three that came to mind immediately were Eric Lindros, Bobby Orr and Pavel Bure. All of which are now in the Hall of Fame. All three went to Stanley Cup finals on separate occasions with Orr being the only that came out on top.

For Lindros it was concussions, which is unfortunate in the sense that he was built similarly to Gronkowski. Eric was huge, commanded a lot of space on the ice, could decimate

opposing players who dared to skate through the neutral zone with their head down.

Oh, and he could score at will. Ironically his forte was his eventual demise. Scott Stevens caught Lindros with a pulverizing body check. Lindros was one of a kind and his style of play is yet to be imitated nearly 20 years after the fact. While he was recently inducted into hockey's hall of fame, it's hard to shake the notion that a lot of hockey was left on the slate.

Orr played like he was 5 inches taller than he actually was. Blocking shots, colliding into his own net to break up plays and taking and distributing abuse on a regular basis. Considered by most to be the greatest all around defenseman, his body constantly failed him. Forcing him into an early retirement.

Orr revolutionized the defensive position as its commonality today to see players on the back end join the rush back in his day this wasn't the case.

Regardless of imitators and to quote my favorite rapper no matter how many fish in the sea it would be so empty without Bobby. Pavel Bure was magical with the puck on his stick, just Youtube his highlight reel. After all you don't receive the nickname "the Russian rocket" for nothing. Despite his style of play resembling nothing of Lindros or Orr, Bure succumbed to a similar narrative. Lower body injuries hindered Bure's ability to become one of the best ever to play.

His one appearance in the Stanley Cup final fell short as the Rangers beat his Canucks in game 7 in 1994. In the years that followed Bure became more of a journey man of sorts, shuffled around team to team due to his injuries until his retirement in 2005. While he like the previously mentioned players holds a spot in the hall of fame, it's a far cry from what could have been for one of the 90's most electric hockey players.

from **Liu** on page 4

increase of life expectancy. Now that "one child policy" was also cancelled, couples are encouraged to have more children by government incentives. Why is the result that people do not want to have 2 children, as the government expected? I think it results from complicated factors.

First, rising costs discourage many parents from having more than one child. These costs include education expenses, extremely high prices of house as well as energy-consuming. Stated by the Washington Post, "Birthrates in East Asia are generally low, demographers note, and an aging population has emerged as a problem in Japan. In China, families' driving ambitions for their offspring to succeed means many parents

are happier to concentrate on a single child." (Denyer, S. 2015)

Second, most women who benefit from two-child policy are around age 35. They are called "advanced age maternal", it means they would take much more risk to give birth. So that's one of the reason why women are not willing to use this new policy. Third, women in China are more well-educated than ever, with more women seeking advanced degree. Chinese women make up half of all undergraduate students and almost half of all master's students.

They break the stereotype of traditional family value. What's more, women now play a gradual important role in the development of country's economic and stable of the society. They pursue their own career, and seek economic independence instead of relying on

men. So they do not have extra time and energy to take care of one more child. Fewer children, less burden.

Last and also the most important reason why women in China refuse to have a second child or any child at all is women suffer from gender discrimination in organizations due to their mother identity and married status. There are default rules in many Chinese companies when they hire women. Married women are preferred, and single women around 25 years old are always refused just because they will take long days off to prepare for marriage and give birth to a child, which can also distract them in their workplace.

All of these would increase the cost of companies. Now the new policy encourages some women to have one more child. If they don't choose to

have another baby, they would not lose their jobs and perform better. If they get pregnant, they can be easily fired because it means companies need to afford the cost of your absence of job as well as opportunity cost.

Although women have the right to stay in their position with usual salaries and get legal number of days off. However, in fact, women cannot be protected by these legal rights completely, because their supervisors will fire them with different kinds of indirect excuses as soon as they got the news of a woman staff member's pregnancy. It is definitely

unfair. How can a woman get fired just because she is becoming a mother? Women play so many roles in current society, and also contribute a lot to the modernization of the country, but they cannot

even get fair and reasonable treatment and protection. After the above explanation and clarification, it is not difficult to understand the phenomenon as to why the end of the one-child policy is not so attractive to people in China now. I hope your readers enjoyed hearing my international perspective. I enjoyed my semester at Westfield State University, and appreciate the kindness of the faculty and staff, and the friendship of its students.

I am also happy that my own University in China, United International College, has just celebrated its first Feminist Cultural and Art Exhibition. I am so glad and inspired to hear this news, and hope more of your students will visit my country too.



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Christmas Tree

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OSNAOFRHAANSWVR  
ESNNMAGARTIFICIAL  
SEAOLEGNAEKCHRYGS  
ATMSIINOITARBELEC  
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CISTALAAASRERGAREE  
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ENSCENTCRBMTARNYR

- ANGEL

ARTIFICIAL

BRANCHES

CANDY CANES

CELEBRATION

DECEMBER

DECORATE

DECORATIONS

FESTIVE

FRESH CUT

GARLAND

GIFTS

GREEN

LARGE

LIGHTS

NEEDLES

ORNAMENTS

PINE

PRESENTS
- PURCHASE

REAL

SCENT

SETTING UP

SKIRT

SMALL

SPRUCE

STAND

STAR

TAKING DOWN

TINSEL

TOPPER

TRADITION

TREE FARM

TREE LOT

TRUNK

WATER

YEARLY

Games & Leisure Maze

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- ACROSS

1. Double-reed instruments

6. Russian emperor

10. 10 cent coin

14. Make physical contact

15. Welt

16. False god

17. Foreword

18. Notion

19. Epic

20. Victims

22. Close

23. Makes lace

24. American songbird

26. Young cow

30. Nevertheless

31. French for "Name"

32. Dwarf buffalo

33. At one time (archaic)

35. Prevaricators

39. Bearing

41. Vixen

43. Move stealthily

44. Harsh or arduous

46. Operatic solo

47. Directed

49. Neither \_\_\_\_

50. Lease

51. Holiday on a boat

54. Anagram of "Ties"

56. Not first

57. Hundredth

63. Decorative case

64. Egg-shaped

65. Not fresh

66. Cable

67. Calamitous

68. Panache

69. Absorbs

70. L L L L

71. Startles
- DOWN

1. Ear-related

2. \_\_\_\_ fide

3. In baseball, 3 per inning

4. Beige

5. Young hog

6. Tweeted

7. They love to inflict pain

8. Away from the wind

9. A rational motive

10. Unlike

11. Potato state

12. Tycoon

13. Gladden

21. Stratum

25. Somersault

26. Hats

27. Nameless

28. Fail to win

29. Deaths

34. Constrains

36. Unit of land

37. Shower

38. Immediately

40. Hawaiian strings

42. Creepy

45. Disentangle

48. Decipher

51. Balls of yarn

52. Relative magnitudes

53. Take forcibly

55. S S S S

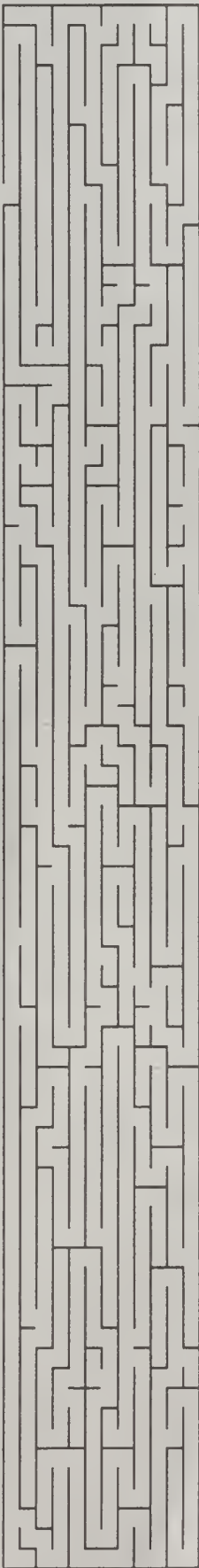
58. Wicked

59. Skin irritation

60. Anagram of "Mail"

61. Wings

62. Permits



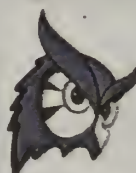




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